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Exclusive: Chief Inspector Olegário Sousa

This week, **The Portugal News** speaks to Chief Inspector Olegário Sousa, the official spokesman for the Polícia Judiciária in the case of missing Madeleine McCann. (See Page 2)

Newborn found dead on beach

A newborn baby girl was found dead this week by locals on the popular Olhos d'Água beach, Albufeira, police have said. (See Page 3)

Search goes on for missing UK woman

More than one week of ongoing police operations have proved fruitless in the search for a British woman who went missing from her home last Thursday in Sintra. (See Page 4)

"Summer temps normal"

The Portuguese Met Office has explained this week that the temperatures recorded this August are within established averages, despite opinions to the contrary. (See Page 9)

Lisbon losing residents fast

Demographic relocation patterns from the past three years have shown that by the end of this year Lisbon will have fewer than half million inhabitants, having swapped the city for an alternative place of residence. (See P.11)

Hundreds arrested at rave

GNR police have detained 108 people, men and women aged between 20 and 30, on suspicion of drug trafficking at the troubled Freedom Festival, which took place last weekend in Elvas. (See Page 3)

Weekend weather

Lisbon: Saturday: PM Showers, high of 28°
Sunday: AM Showers, high of 28°
Faro: Saturday: Thunderstorms, high of 24°
Sunday: Partly Cloudy, high of 26°
Oporto: Saturday: Mostly Cloudy, high of 28°
Sunday: Rain, high of 26°.

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Builders' association calls on public and private institutions to save real estate market by investing in attracting foreigners to Portugal

EXPATS WANTED TO SAVE HOUSING CRISIS

The Association of Building and Public Works Industries (AICCOPN) has warned this week that the only way to minimise the negative impact rising interest rates are having on the national real estate market will be through attracting foreign residents to invest in the Portuguese housing market. This call comes on the heels of what have now almost become monthly interest rate hikes implemented by the European Central Bank, and which have seen mortgage repayments soar to highs last seen in the previous millennium.

Expats, see p. 3

20 day journey to raise awareness for the disabled



José Lima, 52, who has been confined to a wheelchair for 10 years, arriving in Faro at the end of his 800 km journey on Tuesday. Sr Lima has spent the last 20 days travelling the length and breadth of the country from Viana do Castelo to Faro in a quest to alert society to the rights of disabled people. See story on page 15. (Photo: Lusa / Luis Forra)

Exclusive: Chief Inspector Olegário Sousa



Speaking to **The Portugal News** from his office at the Polícia Judiciária (PJ) head office in the centre of Lisbon, Chief Inspector Olegário Sousa (46), who has been in the service for 20 years revealed great sympathy for Kate and Gerry McCann and lamented the ordeal they have been forced to deal with since the disappearance of their daughter almost four months ago. He also explains that contradictions among witnesses are part and parcel of criminal investigations and that police are confident of solving the mystery surrounding what happened to Madeleine McCann, but admits, "We still have some doubts as to what happened," and, "It is possible we may never find Madeleine".

Thrust into the role of spokesperson, Chief Inspector Olegário Sousa has seen his daily routine change dramatically. He now receives between 20 and 30 phone calls a day from journalists, but this often exceeds 100, especially whenever "new leads" are published in the press. Before being brought into the case, his main focus of work was crimes relating to works of art, armed robberies and car-jackings.

He explains the reasons behind his appointment: "This case attracted extraordinary attention which is why it was decided to appoint a spokesperson. But perhaps in the future, we can look back and change some of our methods of operation."

Chief Inspector Sousa adds, "Public opinion needs to be clarified. But our reality is different to that of the UK, we don't give press conferences on a daily ba-

sis. Also, we can't answer all questions. By giving out specifics on the case, we are breaking the law."

Mr Sousa was appointed spokesperson by national PJ Director Alípio Ribeiro, and he gave his first press conference on May 8, four days after Madeleine was reported missing.

"Only after the third press conference did things calm down, people were attending who were not journalists which made life difficult."

Also, not only was Mr Sousa dealing with Portuguese and British reporters, but also French, German, Spanish and Danish journalists seeking clarification.

A problem he says he has faced in giving interviews in English (this one was conducted in Portuguese) is that "When technical terms in Portuguese are trans-

lated into English, they could lead to me misunderstanding a question and changing the context of a story."

On what Portuguese police would change if given a second opportunity, he explained: "It is still early for us to say what we would change in this case if we could. Once the case is with the courts, we will be able to look back and address areas that we could have looked at differently."

Are police any closer to finding out what happened to Madeleine?

"We are still trying to establish what happened to Madeleine. We still have some doubts as to what really happened to Madeleine."

Mr Sousa also expressed the hope that the results of forensic laboratory tests in Birmingham "will assist us in establishing what happened."

Questioned as to why Portugal opted to use British expertise, he was to the point: "That lab is better than ours, so why not use it?"

He denied that this was a political decision or that Portuguese police had been told to send forensic samples to Britain.

But he stressed that these results will not be the beginning or the end of the case.



"A criminal investigation is like a puzzle, one piece alone does not solve it. Similarly, the lab results on their own need to be supported by additional evidence and facts."

He further admitted that "Investigators could already have an idea as to what happened, but if we can't supply the evidence to a court of law then what we believe is meaningless."

Regarding the sniffer dogs sent over from the UK, Mr Sousa said he could not comment on what

the two British dogs detected in the apartment.

However, later in the interview he explained that one of the dogs "Smells death in a very specific context. Very short term - within the first minutes or first hour. It would have been stupid on our part not to have used this dog."

The chief inspector also revealed that the number of law enforcement authorities used during the case has varied, but refused to give exact numbers.

"If we said there were 100 (detectives) we will be criticised for using too many, if we say 10, we will be criticised for using too few. We deploy the amount of police resources we believe necessary at any given time of an investigation."

But he admitted "There have been times during the investigation when hundreds of people have been used", adding: "We also have other cases to work on. In our line of business we always have work. If needed, we will take 10 men from here or 20 men from there."

How closely have British police been working on this case?

"I arrived on May 7 (in the Algarve), and I was greeted by police from Leicestershire. They helped us a lot to understand how to approach UK nationals during criminal investigations. They also serve as a bridge, whenever we need information from Britain, as we cannot investigate cases in the UK and they cannot investigate here."

Mr Sousa also said that red

tape was put aside through, "informal contacts", allowing "One of our detectives to go over to Britain and conduct investigations. Our British counterparts have been impeccable. We speak the same language, which is: We all want to solve this case. I have no criticism whatsoever of the UK police."

Concerning the British media, he says: "We might not like what the UK press says of us, but it doesn't affect our work. I don't think we will be looking at taking legal action once the case is over."

And the leaks from "sources close to the investigation" which appear almost daily?

"They are undesirable. But it is difficult to establish who these 'leaks' are or where they are coming from. Information is probably not leaked on purpose. I believe sometimes things are said at an informal lunch after which a friend tells a friend who knows a journalist. But there's no doubt, these leaks do complicate my job."

He also reiterated the apparent growing confidence with in police ranks.

"I am confident that the case will be solved. I am confident that sooner or later we will be able to discover what happened."

He adds that the investigation has, "Never stopped. But we have had our ups and downs. We often call in analysts to have another look at the evidence and who will look at contradictions."

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MEPs want child abductions treated differently



Almost all Members of the European Parliament (97 percent) agree with the creation of a European database of sex offenders, research conducted on behalf of the 'Find Madeleine' campaign has revealed.

The survey into the views of MEPs and UK MPs also shows strong support for crimes involving children, such as child abduction to be treated the same way by police across Europe.

The study was conducted between July and August and surveyed 50 MPs and 105 MEPs on the Europol Panel, a statement released on Wednesday by the McCann family spokeswoman said.

Respondents were selected to be representative of all major EU Member States and political groups in the European Parliament.

The research further shows that 97 percent of MEPs agree that there should be a EU-wide sex offenders register and 95 per-

cent say the police should treat serious crimes involving children in exactly the same way across Europe.

Nearly nine out of ten (87 percent) MEPs said they would support the introduction of a common EU policy on child abduction cases, and of these 38 percent agree to this measure.

Almost nine out of ten (88 percent) members of the UK Parliament believe that the Child Rescue Alert Scheme should be extended across Europe.

A total of 84 percent of UK MPs believe that the movement of sex offenders across Europe should be tracked and that sex offenders should be forced to register with local police.

Commenting on the research

Gerry McCann said: "Since Madeleine's abduction, Kate and I have been made aware of a number of areas in European Law that may be improved to help prevent child abuse and track those responsible for such crimes.

"We are pleased to see that elected members of both the UK and European parliaments agree that changes to legislation and greater consistency across the European Union are needed. We want to work with law enforcement agencies and non-governmental organisations to try and make Europe safer for all children.

"Kate and I would like to encourage further debate on how Europe can best manage serious crimes such as child abduction."

Have there been any contradictions by witnesses interviewed by police?

"Contradictions in witness reports are normal. People are on holiday, relaxing and having a meal. The last thing on their minds is that something bad is about to happen.

When confronted with a disappearance, it is normal that different versions are given. Eye-witnesses vary in their credibility, some people are more observant than others. In a bank robbery, we could have descriptions of the robber. Eye-witness reports are fallible."

"It could be that if I was at the table I could have not recalled anyone leaving the table. Only major discrepancies are questioned, such as when a witness says he never left the table and then says he left every ten minutes."

Could the McCanns become suspects?

"Up until now, they are not suspects. If we have any suspicions we are compelled by law to charge them in order to preserve their rights."

Did the McCanns know of the possibility that Madeleine could be dead before you announced this on television?

"The possibility that she has died became more likely. I don't know if the parents were told, but I can't believe I was given authorisation by my superiors to say what I did if the McCanns had not been made aware of this possibility before hand."

Regarding news reports of the lunch time drinking habits of the Portuguese police involved in looking for Madeleine, he says: "We have lunch everyday. In the UK people go to the pub at 6 in the afternoon. Here, people normally have wine with their meals. But if one of the detectives was to be found incapable of working after a lunch, our superiors would have taken action long before journalists reported the event."

Mr Sousa added that he and other detectives present at this lunch did not laugh at a report on television concerning the McCanns as had been previously reported.

"We laughed at a news item

regarding a law change to do with people who have been incorrectly charged, not an item on Madeleine, which appeared directly afterwards. We are not crazy", he says angrily.

"Why would we laugh at the McCanns? What happened to them is terrible. We are not insensitive. Cases involving children always affect us", he adds.

Later in the interview, when questioned over the actions of the McCanns on the night of Madeleine's disappearance, Mr Sousa, who has grandchildren, said with more emotion than had been shown previously in this 90-minute interview, "I don't even think of criticising the parents.

They have enough problems as it is, it cannot be at all easy to be living with this daily uncertainty."

Was there any pressure exerted by London on Lisbon for the Portuguese police to release more information?

"I am unaware of any such of pressure", but later admitted that "It does seem that McCanns have good contacts back in Britain".

As for possible connections



'Find Madeleine' Campaign Manager, Justine McGuinness, with Kate and Gerry McCann on August 10th.

between Madeleine McCann and Joana Cipriano, the Portuguese girl who went missing from a village between Portimão and Lagos in 2004, he says: "The little I know of the Joana case tells me the two cases have nothing in common. The social realities of the McCanns and the Cipriano family are completely different. The only common denominator is that both are girls and their disappearances occurred in close proximity to one another."

Mr Sousa, when questioned over whether police have admitted a mistake in charging Robert Murat, the only formal suspect in the case so far, he responds: "I am unaware that Portuguese police have apologised to Robert Murat, and for us to apologise, it would mean we have done something wrong. Whenever someone is suspected of involvement in a

crime this person needs to be constituted a formal suspect to protect their rights".

Have you contemplated not finding Madeleine?

"It is possible that we may never find Madeleine. First we will have to find sufficient evidence to indicate that she is no longer alive. This will have to be followed up by finding her body. If, for example, a body has been tossed into the sea, and which is not returned within the first few days, it becomes increasingly difficult to find a body."

During the 90 minutes I spent with Chief Inspector Olegário Sousa, it became clear that nothing will please him more than announcing to the world that Madeleine McCann has been

found alive and well. While Kate and Gerry have been facing growing criticism - it was quite apparent that Mr Sousa, as a person (and not a police detective) is one of their biggest sympathisers. He even banged his desk, breaking what had been a statue-like posture to illustrate the point that, albeit an official one, the McCanns are not suspected of being involved in their daughter's disappearance. While secrecy laws restrict them and the austere image portrayed by PJ detectives seems a prerequisite of being accepted into the force, Mr Sousa is very human, and if he is any way a reflection of how his colleagues operate, then Portugal can be proud of its police force and that all is being done to find Madeleine.

Brendan de Beer



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Members of the public, police and their dogs, firemen and forest rangers searched the Picota hills on Sunday looking for 86-year-old Francisco Gonçalves, who disappeared for 24 hours in the wind and rain after having fallen into a ditch left open during the excavation of a mine. (Photo: Lusa / Jorge Sousa)

More awareness still needed on Portugal's roads

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Statistics released by the National Institute of Legal Medicine have revealed that despite years of ongoing road awareness campaigns, certain drivers' and passengers' mentalities regarding road safety could still use some improvement.

According to autopsy results, one third of all passengers killed in road related accidents were not wearing a seatbelt. The same applied to one in ten driver fatalities, whilst one third of all victims showed levels of alcohol that were far superior to those permitted by law.

This month alone 51 people were killed in vehicle-related incidents, though four less than last year's month of August.

However, accumulated annual results show that this year, up until August 12th, Portuguese roads claimed five more lives than the same period of 2006, even though the number of serious injuries was significant lower, with 266 less than last year.

Even so, whilst road authorities and entities including Portuguese Road Prevention (PRP) and the Association for Auto-Mobilized Citizens (ACA-M) con-

Search goes on for missing British woman



More than one week of ongoing police operations have proved fruitless in the search for a British woman who went missing from her home last Thursday in Pinhal da Nazaré, Colares, Sintra. Police now believe the woman may have been murdered, with strong suspicions falling on a neighbour's son. Her disappearance comes in the same week it was revealed that an elderly person is reported missing every other day in Portugal.

GNR police sources gave conflicting reports at the beginning of the case when a description of the missing person was released. As initial reports stated the individual was a child they were rapidly altered to profile a 77-year-old woman named Margaret Goodlive, whom authorities now guarantee is, in fact, 67 years of age.

According to the case's chief investigator, António Teixeira, a possible and more credible theory is that the elderly woman was shot dead by her neighbour's son over a dispute concerning land, fuelled by the discovery of a pool

of blood within the property, along with indents of bullets and fragments of lead in the gates.

Mrs Goodlive lives on Rua dos Navegantes, in 'Casa Raimunda'. She is said to have purchased a part of the neighbour's terrain to prevent her dogs from wandering. Her silver Toyota Hiace van is also reported to be missing.

Police urge anyone sighting a vehicle of this make and colour, stationary for more than 24 hours, to contact them as the van may contain the body.

Another possibility being considered by police is that the suspect has committed suicide,

based on reports that he bade farewell to his family before carrying out his crimes.

Despite this theory, police searches were carried out for long over a week, involving numerous parties of land, air and sea patrols, though all have so far proved unproductive.

In related news, it was reported this week that some 180 over-65s were reported missing last year alone, mainly due to age-related illnesses such as lack of orientation and loss of memory. These cases represent 10 per cent of the total of missing persons in Portugal.

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sider these figures to be "not particularly unfavourable", as they slot into a cycle of constant reductions, experts still fear the worst may be yet to come, and that a more effective prevention can only be achieved through education and by introducing this information in schools.

This is believed to have been seriously hindered by financial cutbacks from the Ministry of Internal Affairs, which led to a decline in the production of reading material as well as teacher training and the accompaniment of school projects, concerning road safety and driving.

Errata

In last week's The Portugal News on page 4, we referred to Chris Evans' wedding blessing having taken place at a Roman Catholic Church in Santa Barbara. The blessing was in fact held at St. Luke's Church, Monte da Palhagreira, Gørjões.

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Agricultural Minister Jaime Silva visits a farm on Monday which had been cultivating transgenic maize in Silves. (Photo: Lusa / Luis Forra)

Protestors' rampage over GM maize, leaves farmer devastated



Around 100 environmental activists protested against the cultivation of genetically modified maize in Silves by vandalising a crop as the distraught farmer and landowner watched in tears after giving up trying to stop them.

Nearly one hectare of the farmer's livelihood was destroyed in the protest, during which the protestors kept their faces covered, allegedly to protect themselves from the 'transgenic pollens' used in the production of GM maize.

"This is what me, my children and my wife live off. It's our only source of income. If this maize is destroyed, I will die of starvation!" he exclaimed.

Defending that his property and livelihood are both completely legal, 56-year-old farmer João Menezes, owner of Herdade da Lameira, situated near Poço Barreto, between Silves and Algoz, also demanded, "Someone must pay for this loss".

Reportedly, such was his distress Mr. Menezes suffered initial symptoms of a heart attack and required medical assistance.

He has since said he will initiate legal proceedings against the vandals, which could see identified protestors face up to three

years in prison.

Following the incident, Herdade da Lameira was visited by the Minister for Agriculture, Rural Development and Fisheries, Jaime Silva, who saw for himself the extent of the destruction caused by the self-named 'Eufémia Verde' activists.

News of the rampage also reached Portuguese president Cavaco Silva, who was questioned on the issue during his participation in Albufeira's 'Day of the Municipality' and 'Homage to Autarchies' commemorations.

His reply was that "The law in Portugal is to be abided by. Those who break the law will be held accountable and punished".

It is thought that the activists included both national and foreign participants, who, after vandalising the field of genetically modified maize, proceeded to march in the direction of Poço Barreto, after being thrown off the private land by GNR police.

Technical engineer Luis Grifo, who is responsible for the maize's cultivation, also said he was "disgusted" by the environmentalists' actions, telling the media "Portugal only produces maize for three months during the year. Ninety per cent of imported maize is genetically modified".

In related news, Lagos has recently been revealed as the only municipality in the Algarve in the process of becoming completely free of genetically modified produce.

On Monday, the city's governing bodies sent the necessary paperwork to the Regional Board of Agriculture, who in turn have assured that the process of ensuring Lagos becomes a GM-free zone, will be a 'very quick' one. The designated area should measure a minimum 3,000 continuous hectares and will be valid for a maximum five years, its status being open for renewal thereafter.

UN refugee chief Guterres praises Maputo's 'exemplary' action

UN High Commissioner for Refugees António Guterres visited camps in northern Mozambique on Monday, the second day of a four-day visit to the southern African country he described as "exemplary" in its treatment of refugees.

Mozambique hosts about 5,000 foreign refugees, mostly from the conflict-racked Great Lakes region.

During his visit, Guterres, a former Portuguese prime minister, held talks with President Armando Guebuza, Prime Minister Luís Diogo and former President Joaquim Chissano.

On his arrival in Maputo Sunday, Guterres described Mozambique as a "generous country" and "exemplary in its practice of protecting and aiding" refugees from other African nations. He said he would use his visit to bolster UNHCR aid programmes in the country, a nation he said he was "proud of, as a friend".

TPN/Lusa

Half a million at the cinema each week

A study whose findings were published earlier this week has revealed that around 500,000 people, or one in 20 Portuguese visit the cinema every week.

Conducted by research agency Marktest, the study covers the period between July 2006 and June 2007.

Investigators found that around 2.5 million Portuguese aged 15 and older consider themselves regular visitors at their local movie theatres. In terms of the profile of movie goers, 50.9 percent are women, 67.9 percent are 35 or younger, 44 percent are

students or university graduates, 44.1 percent live in the Greater Lisbon Metropolitan Area or along the northern coastline and are middle, middle-upper and upper class, the study says.

In terms of frequency, 573,000 people were found to watch a movie at least once a week, which translates into 6.9 percent of the population in continental Portugal.

Navy intercepts 90 would-be immigrants off West Africa coast

Nearly 100 Europe-bound clandestine immigrants have been returned to Senegal after being intercepted at sea by a Portuguese Navy vessel, Lisbon said at the weekend.

The Portuguese Navy said that its Jacinto Cândido corvette, deployed off the West African coast in the EU's FRONTEX programme, intercepted a vessel

with 90 African would-be immigrants Saturday, who were apparently headed for the Spanish Canary islands.

The illegal immigrants were returned to Senegal by a Spanish Guardia Civil vessel that joined the corvette.

The Portuguese Navy said the operation counted on the support of Senegal, which had liaison officers aboard the Jacinto Cândido.

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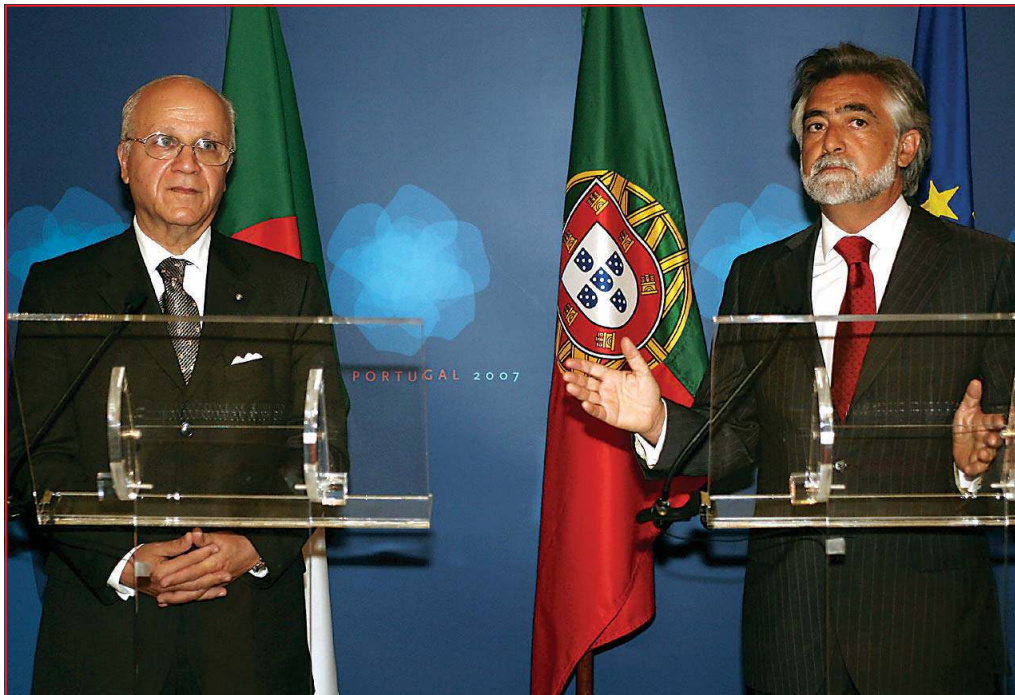
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Algerian Foreign Affairs Minister, Mourad Medelci (L) looks on during a joint press conference with his Portuguese counterpart Luis Amado at the Necessidades Palace in Lisbon, Portugal, 20 August 2007. (Photo: EPA/Tiago Petinga)

FM Amado heads to Balkans, Lebanon, Cyprus

Portuguese Foreign Minister Luis Amado commenced a four-day swing through the Balkans, Lebanon and Cyprus on Tuesday, with the controversy over independence for the breakaway Serbian province of Kosovo dominating his agenda.

Minister Amado, representing the European Union presidency, started his tour in Podgorica in a Tuesday dinner meeting with his Montenegrin counterpart, Milan Rocen, the Foreign Ministry said.

On Wednesday, before heading to Lebanon and Cyprus, Minister Amado met with Kosovar, Serbian, NATO and UN officials in Kosovo, where he also visited the base where nearly 300 Portuguese troops are stationed as part of the 17,000-strong KFOR force.

A plan to give Kosovo, a majority ethnic Albanian province, "monitored independence" from

Belgrade, has the support of the EU and the United States, but has been blocked at the UN Security Council by opposition from Russia and Serbia.

A troika of mediators from the EU, the United States and Russia are expected to report to UN Secretary General Ban Ki-moon on December 10 on efforts to break the impasse.

Among others, Amado is scheduled to hold talks with Kosovar President Fatmir Sejdiu and Prime Minister Agim Çeku and Serbia's minister for Kosovo, Slobodan Samardzic.

The Portuguese diplomat dedicated Thursday to Lebanon, where he will hold talks with Prime Minister Fouad Siniora, amongst others.

On Friday, Minister Amado is due to meet with Cypriot officials, including his island counterpart, Gheorgios Lillikas.

TPN/Lusa

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EU-Africa summit tops agenda of Lisbon-Algiers talks

Portuguese Foreign Minister Luis Amado held talks with his Algerian counterpart, Mourad Medelci, on Monday, with an agenda centred on Europe-Africa relations and bilateral Lisbon-Algiers ties.

Necessidades Palace said high among Portuguese concerns was Lisbon's plan to host a Europe-Africa summit in December as head of the European Union.

EU relations with Algeria, a major supplier of natural gas, and with North Africa's Maghreb countries were also discussed, along with the fight against terrorism and the expanding bilateral links between Portugal and Algeria, the Foreign Ministry said.

Algiers said Medelci's visit to Lisbon centred on developing bi-

lateral cooperation and on the discussion of regional and international issues of common interest.

The two countries signed a friendship and cooperation treaty in 2005 and hold regular summits.

Despite continued uncertainty as to whether Zimbabwe could represent an obstacle to the holding of the EU-Africa gathering in Lisbon, Minister Amado indicated at the weekend that he remained upbeat on prospects for the summit.

"At this moment, we are still working on the summit's agenda", he told the Lusa News Agency Saturday.

"The problem of [Zimbabwe's] participation will be treated in time with appropriate diplomatic initiatives.

"The summit has objectives

that lie beyond the particular case of relations between the European Union and Zimbabwe", Amado said.

Portugal has said it would not "discriminate" in its summit invitations to African leaders.

Britain has expressed displeasure over the possibility that Zimbabwean President Robert Mugabe, whose administration faces EU travel and other sanctions over human rights violations, could attend the two-continent Lisbon meeting.

Such concerns aborted Portugal's last attempt to host an EU-Africa summit, the second, in 2003.

The first Europe-Africa summit was held in Cairo in 2000 during Lisbon's last EU presidency.

TPN/Lusa

Timor - Portugal hopeful 'good sense' will prevail amid political tensions, and violence



While lamenting the renewed eruption of violence in East Timor, Portugal's foreign minister has expressed hope that the country will soon regain stability with the aid of the international community.

"We believe that a page is being turned in the Timorese political process and that good sense will win at the end", Foreign Minister Luis Amado said.

The recent Timorese presidential and legislative elections have given that country "renewed political legitimacy", Amado said in comments to the Lusa News Agency on the sidelines of an arts festival in the northern Portuguese town of Vila Nova de Cerveira.

"With the participation of

the United Nations and the involvement of the international community, we believe the process of pacification and the normalization of political life will occur as quickly as possible", he said.

"We hope that good sense will prevail and that Timorese leaders will find solutions among themselves to place the country on a path of stabilization and normalization", he added.

More than 320 houses were torched and some 5,000 people

displaced in a burst of mob violence, largely in eastern parts of East Timor, following the designation of former President Xanana Gusmão as prime minister to head a coalition of former opposition parties.

The choice of Gusmão by recently elected President José Ramos Horta angered supporters of the formerly dominant FRETILIN party that emerged first in June's legislative polls but fell short of gaining a majority in parliament.

TPN/Lusa

Arson – 28 detained in 2007

Police detain an average of one arsonist a week in Portugal, figures released this week have shown.

The arrest of a 30-year-old arsonist in Moimenta da Beira on charges of starting a number of fires in the region, has brought the number of arrests for this offence to 28 since the start of the year.

Days earlier, a former fireman was arrested in Tabuço on suspicion of starting a number of destructive blazes on the outskirts of the town.

While 28 arrests have been made, police say that a total of 400 suspects are currently under investigation for alleged acts of arson.

In a related story, the Minister of Internal Affairs has said the reduction in forest fires the past year is "not because of luck", but rather as a result of "the excellent political and operational coordination" of systems that have been put in place.

According to Minister Rui Pereira, Portugal has never had the resources it currently boasts to fight fires.

He explains that the current contingent of 9,500 men, along with the 2,000 vehicles and 52 aircraft and helicopters, is "sufficient" to effectively combat forest fires in the country.



A fireman helps a woman to flee the fire in Ortiga, Mação on Tuesday. (Photo. Lusa / Paulo Cunha)

Summer temperatures normal says Met Office, despite 'cool' sensation

The Portuguese Met Office has explained this week that the temperatures recorded this August are within established averages. The argument that this summer is cooler is countered by the explanation that exceptionally hot summers in recent years have created the sensation that this month has been cooler.

With the exception of the eastern Algarve, where temperatures have been lower than recorded averages, the remainder of the country has experienced weather which is normal for this time of year.

The Portuguese Met Office explains that a number of regions have even recorded above average temperatures this summer.

Four of the five hottest summers since records began (1931) occurred since the year 2000. The summer of 2005 was the hottest ever, followed by those of 1949, 2004, 2003 and 2006.

The latest heatwave in Portugal took place last year and brought higher than usual temperatures for 14 consecutive days.

This year, no heatwaves have been recorded, with the first fortnight in July the closest the country has come to reporting a heatwave this summer.

The Met Office classes a heat wave as being when temperatures are five degrees above the average for a period of six consecutive days.

Heatwaves can therefore literally be recorded in winter, though they are more prominent in Portugal during the height of summer.

Health authorities have meanwhile reported that there have not been increased mortality rates this summer that could be attributed to hot weather. In 2003, a total of 2,700 are reported to have died as a result of scorching temperatures.

Meanwhile, and with this summer not being as warm as those in recent years, the Met Office has said that sea temperatures are substantially cooler this summer.

In the north, sea temperatures have been as low as 14 degrees, while in the Algarve, the water is two to three degrees cooler than usual at a current average of 19 degrees.

This drop is primarily due to wind currents, which have kept the warmer Mediterranean waters away from the Portuguese coastline.

A study, published earlier this month, warned that the number of extremely hot days (+35°) will rise by between 200 and 500 percent in Mediterranean countries during this course of the century.

Research by the American University of Purdue and the International Centre of Theoretical Physics in Italy has concluded that at current rates, temperatures of 35 degrees or more

will increase five-fold during the 21st century.

However, researchers stress that should European countries manage to reduce emissions, extremely hot days will only rise by 50 percent in the Mediterranean.

It explains that while France will be the hardest hit by rising temperatures (up to eight degrees above current averages), it predicts the number of extreme weather days will be the highest along the North African coast and Spain.

The study is entitled 'Heat stress intensification in the Mediterranean climate change hotspot' and is published in the magazine 'Geophysical Research Letters'.

Figures released at the end of March by the US government meanwhile showed that this past winter was the hottest in the northern hemisphere since records were first taken in 1880.

According to the National Oceanic and Atmospheric Association (NOAA) combined temperatures in the northern hemisphere between December and February were 0.72 degrees Celsius warmer than the average for the past 127 years.

The record temperatures, NOAA added, were also assisted by the seasonal phenomenon known as El Niño, which has been partly to blame for helping make January the warmest on record.



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Grab your chance to boost your business



Seldom does such an appealing opportunity to promote your business come along. With international crowds steadily flowing in their hundreds, beautiful weather (not guaranteed, though likely), an enjoyable rapport amongst stand-holders and an overall laid-back yet buzzing atmosphere, the September International Algarve Fair could well be the launch pad to send your business rocketing into the stratosphere of success.



PDM in the midst of negotiations at the International Algarve Fair in May.
(Photo: João Paulo Carronda)

Whatever the size or genre of your business, from card or cake-making to corporate car companies, this is an unmissable opportunity to get your message across to thousands.

Whether you are looking to introduce, boost or consolidate your company, the September International Algarve Fair is the tool to use.

Despite filling up at a healthy rate, with some areas now being completely sold out, there are still a number of stalls left and one may just have your name on it!

Measuring either 3.6m x 1.8, or 3.6 x 3.2, prices for a stand at the Fair start from as little as €225 for the two days (September 22nd and 23rd, including electricity, excluding IVA).

Holders are encouraged to let their creative juices flow as stand decoration is completely their domain, so start planning now and make your stand your statement.

All-day entertainment will take place throughout the entire venue, an interactive experience that stand-holders will be able to enjoy too.

Organised by **The Portugal News**, all avenues have been explored to ensure the Fair is a success before it even opens its gates. Its public-grabbing campaign includes extensive coverage in **The Portugal News** newspaper, Portugal's largest national foreign language newspaper with a weekly distribution of over 24,000 copies from North to South of the country; radio advertisement, national e-mail and post promotion, and an outdoor campaign that will rival all predecessors, including banners, posters, flyers that will literally cover the region. No one will be left in the dark.

For the first time ever Lagoa *Câmara* has given the International Algarve Fair its official support, a stamp of approval

and recognition that is proof of the Fair's importance to local and national commerce, as well as to the Portuguese and international communities.

With the *Câmara's* backing and its largest publicity campaign to date, it is hoped that an even broader scope of visitors will be reached, namely the local Portuguese community, who show an ever-increasing interest in their foreign counterparts.

Seize this excellent opportunity to join hundreds of other international businesses that have made the International Algarve Fair a definite date in their hectic agendas.

Reserving your stand is easy and straightforward. It can be done on-line by e-mail (see www.algarvefair.com), or with one, simple phone call. For more information, call Sónia Seixas, on: (+351) 282 380 317. Places are now limited.

EC boost for high speed data communications



The European Commission this week adopted a proposal to select systems for mobile satellite services at European level. If adopted by the European Parliament and the EU Council of Telecom Ministers, this new selection mechanism will allow innovative services, such as mobile TV, broadband data and emergency communications to develop smoothly throughout Europe as of 2009.

"The potential for European mobile satellite services is massive - Think mobile television, think broadband for all, think public protection and disaster relief," said Viviane Reding, the EU's Telecoms Commissioner. "The new way the Commission proposes today to select mobile satellite services will give Europe's industry the necessary confidence to invest in new EU-wide services for citizens. It will also help bridge the digital divide by improving coverage in the EU's remote areas."

The overall market for space and its applications is about €70 billion globally, growing at some seven percent per year. Mobile satellite systems can provide many advanced services, even reaching remote areas that were previously uneconomic to serve.

But existing international rules for satellite communications do not cover licensing. And under current EU Telecom rules, the selection of operators is essentially national, leading to diverging national approaches to selection and authorisation. This risks impeding the growth of pan-European mobile satellite systems.

If adopted by Parliament and Council, the proposed new mechanism will ensure that there is one, not 27 markets in Europe for mobile satellite services.

Stakeholders and Member States have strongly supported this proposal for EU-wide coordination because satellite communications reach across borders and significant economies of scale will result from consistent national authorisations throughout Europe.

trum and will reduce the risk of harmful interference.

Today's proposal will provide the basis for a single comparative selection procedure organised by the Commission in cooperation with Member States. Once the decision proposed today by the Commission to install the new mechanism is adopted, the Commission will publish an open call for applica-

tions. The candidate systems' quality will be assessed technically and commercially. Further assessment criteria will include geographic coverage, consumer and competitive benefits, the fulfilment of public policy objectives, and spectrum efficiency. Selected operators will be subsequently authorised nationally, based on the process in the new EU decision.

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IN

EC ups Peru earthquake emergency aid to €2m

In a fast-track 'primary emergency' decision, the European Commission has allocated €2 million to people affected by Wednesday's earthquake in Peru. Beneficiaries are around 50,000 of the most vulnerable populations.

The Commission's funds will be used to cover their urgent needs, including food, emergency shelter, medical assistance, hygiene kits, water and sanitation, basic household tools as well as the establishment of emergency telecommunications facilities and psycho-social counselling. The assistance is channelled through the Commission's Humanitarian Aid department, ECHO, under the responsibility

of Commissioner Louis Michel.

Commissioner Michel said: "It is crucial to help those who are suffering from the consequences of the earthquake rapidly and effectively. People need medical assistance, clean water, food and shelter, as the earthquake-affected region is currently facing a cold spell especially at night."

Information from the stricken zone is still sketchy because of access problems. In addition, aftershocks continue to strike Peru's central coast.

An ECHO rapid response team is in the earthquake-affected region, assessing the needs and liaising with ECHO partner organisations on the ground on operations to be funded.



A Peruvian soldier patrols a street in Pisco, Peru on Tuesday in front of ruined houses after the powerful earthquake, which destroyed much of the city and southern Peru, last week, killing more than 500 and injuring thousands. (Photo: EPA/Martin Alipaz)

Europe's first tsunami station located off Algarve coast

Europe's first tsunami detecting and alert station is to be situated some 150 kilometres off the Algarve coast, it was revealed earlier this week.

Last Friday, 19 investigative scientists boarded an Italian research ship and set sail from Faro's port, taking with them the parts of an iron structure that will become Europe's first tsunami warning centre.

Over the weekend the team aimed to lay the 'observatory' on the seabed, located approximately 150 kilometres from Sagres, near the Gulf of Cadiz. Baptised Geostar, the device is equipped with highly sensitive seismographic sensors able to effectively carry out geological and geophysical readings of seismic activity.

In the event of a quake, the apparatus can also pinpoint its exact location and determine the probability of a tsunami, from the seabed.

For one year it will monitor the entire Algarve area, which is notorious for its seismic and tectonic activity.

In 1755, Portugal's largest earthquake to date took 15 minutes before it was felt in Sagres and caused nationwide destruction and devastation. One of its most significant consequences was a buckling of the seabed, at 11 metre's depth, eventually causing a giant wave to flood parts of the country.

"It is one of the largest experiments of its kind in the whole world", says Paolo Favali, a scientist with the National Geophysical and Volcanic Institute of Rome, Italy, which integrates the project that is financed by the European Union.

Weighing in at 1,200 tons, 'Geostar' measures 87 metres in length, 11 metres in width, and has an 18metre mast.

Lisbon loses half a million inhabitants



Demographic relocation patterns from the past three years have shown that by the end of this year nearly half a million Lisbon inhabitants will have swapped the city for an alternative place of residence.

Recent figures from the National Statistic Institute have shown that the capital 'loses' nearly ten thousand people a year.

In Oporto, this figure is somewhat lower, set at six thousand.

However, these migration tendencies are not exclusive to big cities. Twenty other of the country's main cities and towns, including those belonging to autonomous regions, are experiencing the same trend. Amongst these are Coimbra, Funchal, Ponta Delgada, Évora, Beja, Portalegre, Castelo Branco and Bragança.

On the other hand, several cities have seen their local populations substantially boosted, like Braga, Viana do Castelo, Viseu, Guarda, Leiria, Faro and Setúbal.

It is believed that the shift in populations is mainly due to the younger inhabitants swapping the cities for pastures new, a costly demographic movement that entails the need to build new schools and health units, and consequently sees the closure of other health units through lack of users.

Regionally, it was the Algarve's population that grew most significantly, at the end of 2006 reaching 421,000 inhabitants.

A constant influx of immigrants and high birth rates justifies the positive evolution in numbers. Another major pattern in the Algarve is that of inland inhabitants moving to coastal areas, with Albufeira presently being the most populated area of the region.

According to present figures there are 10,599 million people living in Portugal, 1,828 million of which are over 65 years of age, and 1,637 million are under the age

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Children learn by building up ideas, developing orientation skills and, in particular, by making mistakes and starting all over again.

British Retreat From Iraq

"The British have given up and they know they will be leaving Iraq soon," said Moqtada al-Sadr, head of the Mehdi army, the country's most powerful militia group, in an interview with the Independent. "They have realised this is not a war they should be fighting or one they can win." Every word he said is true, and most senior officers in the British army know it. As General Sir Richard Dannatt, head of the British army, said last year, Britain "should get out (of Iraq) some time soon."

Being prime minister is hard. Gordon Brown waited ten years for Tony Blair to pass on the prime ministership, and no sooner does he finally inherit the job than he has to figure out a way to pull the British troops out of Iraq in the middle of the American "surge." That will not be seen as a friendly gesture by the beleaguered Bush administration.

There are 5,500 British troops in Iraq, by far the largest foreign army after the Americans, but they control almost nothing except the ground they are standing on. Five hundred of them are under permanent siege in Basra Palace, in the middle of Iraq's second-biggest city, and the rest are at the airport outside of town, under constant attack by rocket and mortar fire. They have almost no influence over the three rival Shia militias and the associated criminals who actually run the city and fight over the large sums of money to be made from stolen oil.

Forty-one British soldiers have died in Iraq already this year, compared to 29 in the whole of last year. The deaths are wasted and it's high time to go home, but Prime Minister Gordon Brown is reluctant to anger the White House by pulling all the British troops out before the Americans are ready to leave. That, however, is unlikely to happen before President George W. Bush leaves office in January 2009, as British generals are well aware.

The Democrats in Congress have clearly decided that they prefer to see the Republicans go into the election late next year with the albatross of Iraq still tied firmly around their necks, rather than mount a Congressional revolt, cut off funds for the war, and take the blame for the defeat.

President Bush says his policy is to "wait to see what David (Petraeus) has to say" when the commanding general in Iraq reports on what progress the "surge" is making in mid-September. But Mr Bush didn't fire the previous US commanders in Iraq and give Petraeus the job without knowing in advance what he would say.

Petraeus will see light at the end of the tunnel, as he always does. The Democratic majorities in Congress will criticise his report but not rebel against it, and US troops will probably stay in Iraq at roughly the present numbers until President Bush leaves office seven months from now. Several thousand American soldiers will have to die to serve these agendas, but so will around a hundred British troops.

British generals are deeply unhappy at this prospect, but as students of the indirect approach in strategy they have chosen to argue not so much that the war in Iraq is lost (though it is), but that the war in Afghanistan is still winnable. So the reason we must get British troops out of Iraq now is not just

to avoid more useless deaths, but to win by reinforcing our commitment in Afghanistan, which is the truly vital theatre in the "war on terror."

General Dannatt was at it again last week, telling the BBC during a visit to Afghanistan that "the army is certainly stretched. And when I say that we can't deploy any more battle groups (in Afghanistan) at the present moment, that's because we're trying to get a reasonable balance of life for our people." The too-frequent cycle of combat deployments is certainly harming Britain's forces, with divorces and suicides soaring and retention rates plummeting, but Dannatt's unspoken sub-text was: you can fix this by pulling us out of Iraq.

There are already more British troops in Afghanistan (7,000) than in Iraq, so the argument makes a kind of sense: concentrate your resources where they will make a difference. Except that Afghanistan, in the end, is also an unwinnable war, at least in the ambitious terms still used in the West.

Almost thirty years ago the Soviet Union, backing another modernising regime in Kabul against the deeply conservative prejudices of the countryside, committed an average of 200,000 troops into Afghanistan and kept them there for ten years, and it still lost. There have never been more than 50,000 Western troops in Afghanistan, and there is zero probability that the number might ever even double. Let alone that they might stay there for ten years.

The war in Afghanistan is unwinnable, too, in the long run, and President Hamid Karzai's best chance of survival is for the Western troops to leave soon. Then he would at least be free to make the deals with warlords, drug-dealers and renegade Taliban, in the traditional Afghan style, that would secure his authority and prolong his life. But if false hope about Afghanistan provides the pretext for pulling British troops out of Iraq, why not?

When Gordon Brown faces parliament again in October, his biggest Iraq problem will not be pressure from the public. It will be pressure from the army.

Gwynne Dyer is a London-based independent journalist whose articles are published in 45 countries.



Gwynne Dyer



Iraqi men inspect the wreckage of a car at the site of a car bomb in the predominantly Shiite Baghdad suburb of Sadr City, Iraq on Monday. At least 4 people were killed and 5 others wounded, according to police reports. (Photo: EPA/Shehab Ahmed)

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Lisbon nets €3m in first month of speed radars

Sixty-four thousand offences, a daily average of 2,086, and approximately 3.8 million euros in revenue is the overall result of the first month's functioning of Lisbon's 21 recently-installed radars.

Data supplied to newsagency Lusa by Lisbon Municipal Police Commander André Gomes has confirmed that between July 16th, the date when the radars were first put into action, and August 15th of this year, a whopping 64,689 offences were recorded.

This translates into a minimum of €3,881,340 in just one month of activity, more than €1.5 million of which will go straight into the state's coffers, and €1.1 million into Lisbon City Hall's pockets.

The Marquês de Pombal

tunnel is the stretch where most drivers commit offences, having registered 22,282 transgressions. However, the most serious to date took place on the Radial do Benfica, when a speed of 190 kilometres per hour was detected on the 80-kilometre/hour road.

Fines can vary between €60 and €2,500, as stipulated by the current road code, and can be accompanied by additional sanctions, mainly a temporary driving prohibition, for periods that can vary between one to 24 months.

National rugby team in preparation



Players of the National Rugby team receiving a pep-talk before their training for the World Rugby tournament. (Photo: Tiago Petinga / Lusa)

Entertainment takes priority over traffic



Lisbon City Hall's summer cultural entertainment programme that will take place in the city's Terreiro do Paço has led to the complete re-routing of all traffic throughout the area. Only public transportation has permission to circulate around one of the capital's busiest spots.

Intended to attract more visitors to Terreiro do Paço, all CARRIS buses heading to or through the area will be free of charge.

In September, a combined ticket devised by CARRIS, the Subway network and eight city car parks will be launched, as confirmed by State Secretary for Transport Ana Paula Vitorino, during a press conference entitled 'On Sunday afternoons Terreiro do Paço belongs to the people.'

As it will be closed to traffic from 08h00 to 20h00, alternative routes for drivers have been suggested.

For those travelling from the 'Oriental' area towards Rua da

Prata and Cais do Sodré taking the Avenida Infante D. Henrique, Rua Cais de Santarém, Rua da Alfândega, Rua da Madalena, Rua do Comércio, Rua da Prata, Praça do Município or Rua do Arsenal has been recommended.

For those coming from the opposite side of the city, the 'Occidental', to Rua da Prata or Santa Apolónia the best option would be to take the Cais do Sodré, Rua do Arsenal, Praça do Município, Rua de São Julião, Rua dos Fanqueiros, da Prata and da Madalena, Rua da Alfândega or the Avenida Infante D. Henrique.

Occidental-bound travellers coming from the Rossio are ad-

vised to follow the streets of Ouro, Comércio, Praça do Município, Rua do Arsenal and Cais do Sodré or Rua dos Remolares and Praça D. Luís I.

Contrarily, those destined for the 'Orient' from the Rossio are to opt for routes along the Ouro, São Julião, Fanqueiros and

Alfândega streets, to the Campo das Cebolas and Rua Cais de Santarém or Avenida Infante D. Henrique.

Information panels will be fixed around the area, namely in Santa Apolónia, on the Avenida D. Carlos I and around the Marquês de Pombal.

Tree-felling incenses Sintra

Residents in the area of Sintra have, this week, spoken out against the felling of century old trees in Sintra's natural *Serra*, claiming that the company responsible for managing the area is cutting them down for no apparent reason.

However, managers of the Sintra's Natural Park – Parques de Sintra – Monte da Lua (PSML) – have responded by affirming the felling aims to reduce the risk of fire, as well as to defend autochthonous species. According to Jaime Ferreira, technical director of PSML, up to 80 or 90 per cent of the trees are "invaders", but a

number of other trees were removed "as they were at risk of falling or causing damage".

Having commenced in May, the supposed 'clearing' operation will eventually cover some 19 hectares, including the Tapada D. Fernando II and the area surrounding the Convento dos Capuchos.

August bank holiday breaks Oceanarium visitor records

Last week's mid-summer bank holiday, on August 15th, saw a record number of people flock to the city's Oceanarium, in one day alone totalling a staggering 8,783 visitors.

Since its opening in 1998 an approximate 11 million visitors have passed through the Oceanarium's doors, though never as many in one day as last week. In exact figures, 11,676,745 people have seen the Oceanarium, of which 40 per cent are foreign, 15 per cent of which

are Spanish. Last Wednesday the Oceanarium made earnings of 67 thousand euros in entrance fees, on one of Portugal's busiest national holidays. Designed by American architect Peter Chermayeff, Lisbon's Oceanarium is located in the capital's Park of Nations, once home to Expo 98, and features a 5,000 cubic metre glass saltwater tank, through which more than 8,000 sea creatures and plant life can be observed in their natural habitat.

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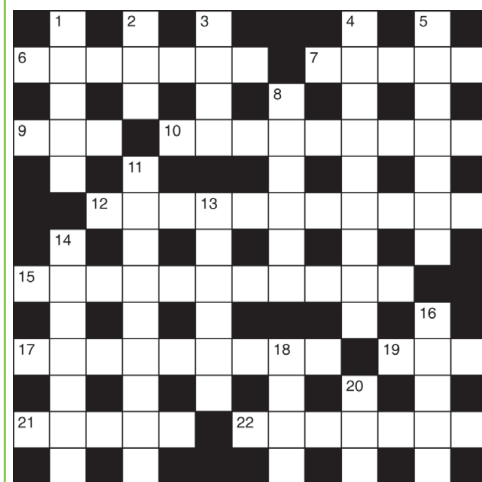
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The Portugal News Crossword No. 156



QUICK CLUES

ACROSS

- 6. Relic (7)
- 7. Perfect (5)
- 9. Arid (3)
- 10. Debate (9)
- 12. Superficial (11)
- 15. Change (11)
- 17. Lecture (9)
- 19. Attempt (3)
- 21. Yet (5)
- 22. Feel joy (7)

DOWN

- 1. Long (5)
- 2. Tavern (3)
- 3. Leg-joint (4)
- 4. Obsession (9)
- 5. Grassland (7)
- 8. Cap (6)
- 11. Harmonise (9)
- 13. Renowned (6)
- 14. Digress (7)
- 16. Ruse (5)
- 18. Pip (4)
- 20. Steersman (3)

QUICK CROSSWORD SOLUTIONS No. 155

Across: 7 Self-governing; 8 Decrepid; 9 Odes; 10 Obeyed; 12 Nuance; 14 Recess; 16 Loiter; 18 Drum; 20 Recovery; 22 Multitudinous.

Down: 1 Resemble; 2 Affray; 3 Coup; 4 Sentinel; 5 Angola; 6 Once; 11 Discrete; 13 Cheerful; 15 Enmity; 17 Invent; 19 Rout; 21 Coda.

Expat, from p.1.

Wary of the drop in the building sector, which AICCOPN says has become increasingly more evident in recent months, the association says more needs to be done to bring foreign home buyers to Portugal.

Proof of a deteriorating market it says can be found by looking at the number of mortgages approved in the first quarter of the year, which are down 12 percent in number and 10 percent in value when compared with the same period a year earlier.

The association argues that the effects of increasing interest rates, which are expected to rise by a quarter percent to 4.25 percent when the ECB next meets on September 6, are more accentuated in Portugal, given the country's slow economic growth coupled with the high percentage of disposable income used by families to pay monthly loan repayments.

AICCOPN says Portugal should follow the example set by Spain, where efforts by both private and public entities has seen not only the housing market

boosted, but also other areas such as the tourism, industry due to the number of visits a prospective home owner will make to the country prior to taking ownership of a property.

Meanwhile, a home owner in Portugal repaying a mortgage of €100,000 is currently paying €150 more in repayments than was the case less than two years ago.

For a loan period of 30 years, this will imply the additional payment of more than €53,000 in interest alone.

In a related story, published on Thursday by The Guardian, it was revealed that record numbers of Britons are leaving the UK in search of a sunnier life abroad.

The figures, supplied by the Office for National Statistics shows that almost 200,000 British-born citizens moved abroad last year, mostly to Australia, Spain and France.

The survey suggests that UK nationals moving abroad are generally in search of the sun and other Brits with which to share it.

Fatacil inaugurated with traditional ceremony



True to form, last Friday, the 28th eagerly-anticipated Fatacil Fair was inaugurated with its usual grandeur and this year counted on the presence of the Minister for Public Works and Transport, Mário Lino.

Minister Mário Lino was joined by Lagoa Mayor, José Inácio, and Faro Civil Governor, Isilda Gomes, whose speeches again stressed the importance of the mega-event in promoting national commerce and produce.

Minister Lino also took advantage of the occasion to comment on a number of developments throughout the region, regarding tourism and transportation.

Fatacil – the Lagoa Fair of Handicraft, Tourism, Agriculture, Commerce and Industry – has for years been proudly established as one of the most important annual events for national and traditional produce south of

the Tagus River. This year the mammoth event expects to see more than 200,000 visitors pass through its gates, and boasts a line-up of nightly entertainment that is undoubtedly first-class.

Some 800 exhibitors and 200 artisans proudly display their wares, comprising a miscellaneous wealth of national productivity, in a colourful and delightful display of Portuguese culture and heritage.

Fatacil will be running until Monday August 27th, and opens its doors every day at 16h00. Nightly shows commence at approximately 22h00, and conclude at 01h00.



Public Works Minister Mário Lino, with Lagoa Mayor José Inácio in the background, speaks at the official opening of the Fatacil Fair. (Photo: The Portugal News/Carrie Bratley)

su | do | ku

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. That's all there is to it. There's no maths involved. The grid has numbers, but nothing has to add up to anything else. You solve the puzzle with reasoning and logic. It's fun. It's challenging. It's addictive! Solving time is typically from 10 to 30 minutes, depending on your skill and experience.

9								
		8		9				5
		5		6	3	1	9	
3				1		8		7
			7		6			
8		7		5				2
	1	6	8	3		7		
7				4		9		
								6

Last weeks solution:

3	1	8	5	7	6	4	9	2
4	9	2	1	8	3	6	5	7
6	5	7	4	9	2	8	3	1
9	6	4	3	2	5	1	7	8
5	8	3	6	1	7	2	4	9
7	2	1	9	4	8	3	6	5
8	7	9	2	3	4	5	1	6
1	3	6	8	5	9	7	2	4
2	4	5	7	6	1	9	8	3

For **tips** on how to solve Sudoku puzzles, browse the **forums**, go to www.sudoku.com

Boavista charity golf tournament



A reminder that it is still not too late to get playing team entries in for this prestigious AM/AM 18 hole event, with the additional opportunity to enjoy the post competition facilities afforded by the fabulous, newly-completed Boavista club house.

The organisers are proud to announce that 20 companies and organisations will sponsor holes and greens to provide the basis for financial assistance to the Lagos Orphans, CRACEP and NECI charities; now, it is up to you, the players, to finish the job. This is easily done by filling in an entry form obtained via the organisers (details below).

In addition to the monies raised for the charities, there will be player prizes valued up to €500; a chance to win a Hill Billy golf trolley and bag, plus

the opportunity to purchase numerous high value auction prizes at the post-match: Grand charity auction.

This special charity event, played as it will be in the relative cool and calm of September and after the turmoil of July and August, is definitely one not to be missed!

Obtain your Boavista charity golf players team entry form from: The Club Captain, Paul Gretton at golf.reception@boavistagolf.com or direct from Boavista Golf Reception.

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Historical exhibition to take Portimão five thousand years back in time

More than five thousand years of history from the area of Alcalar is to be displayed along Portimão riverfront, from August 25th until 16th September, in an exhibition that aims to divulge the area's megalithic and cultural heritage.

This will feature the daily activities of a pre-historic community that existed between the end of the Neolithic era to the beginning of the Chalcolithic era and which occupied an area of land stretching from the Alvor Ria to the fringes of the Monchique Mountain range.

A partnership between Portimão City Hall, the Municipal Museum, and IGESPAR – the Institute for Management of Architectural and Heritage – saw the birth of the exhibition, which integrates a global project named 'Alcalar – Promotion of Megalithic Monuments and Cultural Landscapes'.

It is hoped that a documentary will also soon be released to explore and explain in more depth the historical rituals and social organization that these pre-historic communities once had.

Younger visitors can interact in a space specially designed to introduce archaeology to children, where they can learn more about the tools and techniques archaeologists use in their investigations.

Open daily from 18h00 – 24h00, the exhibition is free to visit, the official inauguration being scheduled for Saturday, August 25th, at 18h00.



Albufeira pays homage to local politicians



On Monday August 20th, Albufeira celebrated its annual 'Municipal Day', a landmark occasion commemorating 503 years since the one-time village became a self-governing municipality. With President Aníbal Cavaco Silva in attendance, Monday was also the elected day to pay homage to around three hundred local councillors, who have been actively involved in politics since the '25 de Abril' revolution.

Hundreds of brass band players stood with pomp and circumstance outside Albufeira town hall as Mayor Desidério Silva oversaw the official procedure of hoisting the flags.

Twenty minutes later President Cavaco Silva drew up in his shiny, black, police-escorted car, and stood to attention as the national anthem was played, alongside Mayor Silva, Faro Civil Governor Isilda Gomes, and head of Albufeira's Municipal Assembly, Carlos da Silva e Sousa.

After the opening ceremony concluded, the crowds moved inside the auditorium where around 300 local businessmen, also long-standing political rep-

resentatives, were awarded for their outstanding contributions to the community, politics, and democracy.

All of the awarded individuals have been representing their political parties since the revolution for democracy overturned the country on April 25th, 1974.

"It is important to acknowledge that all of the local politicians elected over these past 33 years of democracy have contributed towards the municipality's present dynamism and strength".

This was an opinion shared by President Cavaco Silva, born and bred in the Algarve, who in his speech said, "Local government

is, without doubt, one of the most genuine vehicles for the idea of democracy".

"These days, councillors must be active agents of social development, paying extra attention to the forming of business initiatives and to the factors that condition the creation of new jobs, to support and stimulate investment in education, and the bettering of personal qualifications".

President Cavaco Silva also commented on how "municipalities must now adjust their pace to the demands of a fast-moving global world", adding: "In an era where new tourist destinations appear every day, some of which before were considered inaccessible or unsafe, we must be ever careful in calculating the future, otherwise the country could lose out".



Portuguese President Cavaco Silva (centre) flanked by Albufeira Mayor Desidério Silva and Faro Civil Governor Isilda Gomes. (Photo: The Portugal News/Carrie Bratley)

Inspectors shut Kasablanca disco

Food and Economic Safety watchdogs ASAE have confirmed their intention to close down the Kasablanca restaurant's adjoining disco due to out of date documentation. Reports state that the Kasablanca disco, which belongs to the 'Grupo K', does not possess adequate licensing, though, according to the group's administrator Paulo Dâmaso, the restaurant will continue to function as normal. Paulo Dâmaso explained that the recent closure was due to "a bureau-

cratic matter", which the group was "trying to resolve", and was not related to last year's incident when the same establishment was closed down due to lack of "hygiene conditions and cleanliness".

ASAE closed another disco in Albufeira during the same night of inspections, which also saw 50 other establishments being fined or cautioned throughout the region, mainly due to 'usurpation of authors' rights' by playing illegally copied CDs in a range of venues.

High tension lines start buzzing

National Energy Network REN has now officially fired up the new Portimão - Sines high tension electricity lines in a 24 million euro investment, though have only powered up 150 kilovolts of its 400 kilovolt capacity. With a total aerial extension of 97.8 kilometres the network is running on a temporarily low voltage as a "technical compromise".

According to an REN press release, "This strategy offers a

better compromise from a technical, economical and environmental point of view, allowing a medium-term significant improvement of energy supplies throughout the Algarve and immediately allowing for a rise in consumption figures".

Including the 400-kilovolt line in the regional network will, according to REN, allow for a better supply of electricity throughout the region whilst at the same time using fewer lines.

Cross-country wheelchair journey for disabled rights



A 52-year-old paraplegic man has travelled 800 kilometres from north to south of Portugal, from Viana do Castelo to Faro, in what he has described as "a rebel cry and a thirst for justice", to raise awareness concerning disabled people's rights.

José Lima was left disabled and wheelchair-bound in 1997 when he was crushed by a lift he was repairing whilst working for the Ministry of Finance in Angola.

A fully qualified industrial electrician, José says that since returning to Portugal he has felt that all his rights have been violated, especially concerning employment and mobility.

Unemployed for the past three years, he says that one of the biggest obstacles he faces is

how the doors to employment automatically close when he arrives for interviews in a wheelchair.

"I feel I have no justice in Portugal and that my rights are violated everyday," he said, adding, "I don't live, I survive".

Donning a yellow T-shirt on his arrival in Faro to symbolise his victory, José Lima now hopes that his odyssey will raise awareness about Portugal's disabled, and spur the government to make the necessary changes.

Travelling in a specially-adapted electronic wheelchair, José was met at the door of the civil government building in Faro by Adjunct State Secretary for Rehabilitation, Idália Moniz, who agreed with the need to make changes to mentalities regarding the disabled, and classed the paraplegic's journey as "fundamental" to bringing the issue to the attention of employers.

"Society is rarely willing to co-habit with differences", she

said.

José described how he was surprised at the amount of support and solidarity with which he was showered along his voyage, but would like that type of sensitivity to be shared by those who run the country.

He is now planning to write a book recounting his adventure, which was initially intended to be a solitary journey, but turned out to be full of surprises and human contact.

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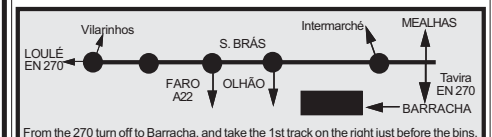
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Sagres fortress stalls. (Photo: The Portugal News)



The Algarve is home to some of the most fantastic regional produce, as well as boasting a vast range of outlets retailing national and international goodies. So whether you are looking to take home an authentic souvenir or real taste of the Algarve, or perhaps you are a label junkie in search of a bargain, the Algarve will not disappoint. If you want some serious retail therapy, then this is the place to be.

• All in a name

Most big cities (i.e. Faro, Loulé, Albufeira and Portimão) now have international chain stores like Zara, Mango and Levis, as well as plenty of boutiques that can stock anything from regional knitwear to the crème de la crème of haute couture, including Gucci, Armani and Calvin Klein, amongst many others.

Most of these prominent brands can be purchased at significantly lower prices than in the UK, and, in many cases, considerably cheaper than in neighbouring Spain.

Faro, Albufeira and Portimão

are also home to large shopping centres and retail parks, so if the weather fails, this may be worth bearing in mind. As they also boast food courts comprising an eclectic variety of restaurants, as well as cinemas and bowling alleys (Guia) a day can comfortably be spent mooching round the mall.

• Back to Basics

If, whilst on holiday, you want to sample the true flavours of the Algarve then head to your local Praça or Mercado Municipal (markets) to shop for your daily groceries. No matter how large or small the area you are staying in, every village, town

A different point of view



Quinta Quebrada riding school. (Photo: The Portugal News)

Comprising a picturesque restaurant that is regularly rented out for private functions, a handful of wood cabins for holidaymakers, and a beautiful swimming pool, Sítio Encantado is nestled between two foot hills and enjoys utmost peace and tranquillity.

It is the ideal place for those looking for a more rural holiday, the restaurant being a favourite for weddings, which take place nearly every weekend, with people coming from near and far to hold reception parties in the manicured, secluded setting. An oversized open-air terrace looks towards the stunning



The Serra do Monchique mountain range is home to a rather unusual if somewhat rather special place. Appropriately named, Sítio Encantado (the Enchanted Place) is a relatively undiscovered yet undeniable beautiful place located on the back road between Silves and Portimão.

mountain scenery, and can be closed in cooler months. Event organisers and decorators are available to satisfy your every whim, whatever the occasion.

Sítio Encantado is also home to the Quinta Quebrada riding school.

Catering for lessons as well as hacks for the more experienced rider, the school presents an opportunity to see the Monchique mountain range from a different angle – on horseback. Livery facilities and lessons for beginners through to the experienced, in-

cluding jumps and dressage, are available at very competitive prices.

Run by young entrepreneur Marco, himself an accomplished rider, Quinta Quebrada riding school is a favourite with children and adults alike, and is ever-entertaining thanks to its free-roaming mascot, Luís the rescue donkey.

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souvenir guide

or city has one.

Each morning these fascinating venues will be packed to bursting with freshly made and picked local produce. Honey, cakes, and jams, as well as locally grown fruit and veg can be sampled and purchased, along with meat, fish caught that very dawn, and delicious daily baked bread. Forget the supermarket, mingling with the locals at the Mercado is where you want to be. But one word of advice – make sure you get there early.

• Best of the rest

So whilst in the Algarve, what exactly should you be looking out for? Well, that can often depend on the region you are staying in.

Porches is home to some of the region's finest pottery and ceramics. If you are in or are heading towards the Western Algarve, drive along the En125 to Porches, between the Alcantarilha roundabout and Lagoa. Dotted along both sides of the road are shops that specialise in the Algarve's trademark pottery and ceramics, amongst which you will find the world-famous blue-and-white Algarvean tiles, as well as replicas of chimneys, small and large, stunning wall-light adornments, cups, jugs, and the distinctive terracotta earthenware.

If visiting the **Monchique Mountains** make sure you sample the 'firewater' – it will be an unforgettable experience! Whether you choose to pack a bottle into your suitcase or not,

is irrelevant, but don't miss the opportunity to sip one of the region's longest time-honoured alcoholic products. Made from *medronho* berries, the firewater (in Portuguese, called *Medronho* or *Bagaço*) will put a spring in your step and a fire in your throat. Not for the fainthearted! Alternatively try the sweeter and less explosive *Melosa* – firewater that is mixed with honey, cinnamon and sometimes lemon peel; definitely one for the ladies.

Locally made wine is very popular (*vinho caseiro*) and can be found in most local cafés or *tascas*.

Also here in the mountains the honey is extremely popular amongst both locals and tourists, as is knitwear, figs and dried fruits.

Silves is one of the region's main cork manufacturers, as well as citrus fruit producers. In recent times a newfound niche for cork has seen this once endangered material, put at risk of total elimination by the ravaging fires, be given a new lease of popularity by being cleverly re-invented into a host of accessories, like bags, coasters, bottle-holders, placemats, and many other items that make ideal souvenirs, since cork is so light weight.

City Highstreets: Throughout most central localities there will be a long and exciting main street, which more often than not comprise numerous shops that deal in nationally manufactured goods. Always amongst the favourites for quality are glass,

crystal, and copperware, footwear, leather goods (i.e. bags, purses, wallets, briefcases, etc.), carpets and rugs, ornaments, towels and linens, and the ever popular hand-embroidered or crocheted tablecloths and coasters.

• Wines, liqueurs and cigarettes

Cigarettes are undoubtedly lower-priced than in countries like Germany and the UK.

Must-try local liqueurs include *Licor Beirão*, an aniseed flavoured blend of herbs; *Brandy Mel*, a mixture of national brandy and honey, and *Armaguinha*, a syrupy almond essence liqueur, delicious with a cube of ice and a squeeze of fresh lemon juice.

• Popular Portuguese wines

Opt for distinctly Portuguese green or rosé wines, ideal for accompanying fresh grilled meats or fish, and which are rumoured to be amongst the best in the world. These are not expensive wines and enhance any dinner party or special celebration. Portuguese red wines are remarkably flavoursome and perfect to complement meat or fish dishes. Favourites include those from the Alentejo, Douro or Dão regions, generally clearly identified either on the supermarket shelves, which are usually divided by region, and on the bottle. Portuguese wines tend to be potent and high in alcohol.



Porches is home to some of the region's finest pottery and ceramics. (Photo: The Portugal News)

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Response to letters

SIR, I am writing in response to the many biased letters that have been published criticising Portugal, its Police, its press and its people.

Firstly may I say that I realise that as a newspaper you need to publish balanced views, but the key word here is balanced. Almost every letter that you have published has been sent from the UK and is based on hearsay and reports in the BRITISH press of what they say the Portuguese press have published. Sorry, but that is not balanced, as the British media have taken the few known facts, added much conjecture and filled the remaining column inches with even more assumptions to sell more papers.

Let us take the letter from Beverley Hunter. In her own words - "I try not to be judgemental" and "...I would not go to Portugal now because I know the reception I would get..." Not judgemental? I think one of us is missing something here. Ms. Hunter criticises the fact that locals do not want the McCanns here because they are affecting tourism, stating that they are more concerned about that than a missing child. Perhaps she ought to put this into perspective. The locals are concerned about the safety of the child, but I suggest that Ms. Hunter looks at the facts as opposed to journalists. Portugal's GDP is based mainly on tourism and anything that affects the main industry of a country is bound to be of concern to those whose very livelihood is in jeopardy. Look at the perma-press presence, which has had an affect

on local industry, particularly in Praia da Luz, but along the length of the Algarve in general - simply ask Mark Warner holidays. Presumably she has never had a situation where she has seen a friend or neighbour who has been bereaved and suffered grief as a result. Because if she had, she would know that whilst it is a personal tragedy it is exactly that - personal, and she would not be expected to continually mourn the loss. Why should the Portuguese people who had nothing to do with the parents' lack of simple common sense suffer?

Christine Lloyd has taken the comments of one person and used it to judge the whole COUNTRY. Do not say that the Portuguese are evil people based on this, you evil-minded woman! This Lawyer's client has been questioned several times and had his home and vehicles searched by both Portuguese and British Police, yet no evidence of any wrongdoing in this or any other matter has been found. In the UK he would have received hundreds of thousands of pounds in compensation for the false accusations. Here, he is still a suspect!

Kim Haughey has condemned the locals who want to carry on with their lives, and is "in contact ... on the Internet" with supporters of the McCanns. This is not "contact", but nothing more than a chatroom where like-minded individuals think that it is perfectly acceptable to criticise that of which they have no knowledge, but refer to "Kate and Gerry" as if they are personal friends.

Now let us move on to "Hazel", who "Thanks God that she doesn't live in Portugal". In the last week there have been two murders in the UK for trivial things. One because he remonstrated with a gang of youths causing a breach of the peace outside his home, and who had been causing trouble in the area for over a year, yet the BRITISH Police had done nothing about the nuisance caused. Another was killed because he got out of his car to challenge a youth who threw a half-eaten Mars bar into the car. And Hazel is proud to live in the UK. There are more murders in one week in England than there are in a year in Portugal!

The fact is that the abduction of Madeleine McCann was an extremely rare occurrence in Portugal and tragic for the toddler, but had the parents been more responsible it simply would not have happened. Tourism is being affected by blinkered correspondents who claim not to be judgemental, yet will not consider coming to this beautiful country and meet caring people because of what they have read in the prejudiced BRITISH press.

These narrow-minded bigots, who write from behind their closed curtains in the UK, quite simply have no idea. Based on their own Police reports, they live in the most lawless country in Europe yet feel perfectly at ease in criticising what they do not know or understand.

I have no wish to return to the crime-ridden UK and thank God that I live in Portugal, where the locals care about their neighbours, look after their families, help strangers and generally have much more respect for the law.

LESLEY FRASER,
Alcantarilha

The pot calls the kettle black

SIR, I have lived in Portugal for all but 12 years. I am very familiar with the area where the

McCanns have been holidaying and with what has been happening.

I take great exception to much of the criticism coming from English non-residents. First of all, I know of no country that can beat England for a very vilifying, salacious and smutty selection of newspapers, which have no interest in the facts, very much like certain of the Portuguese press. Those are of no concern because they are the English press?

Secondly, the Algarve is made up of villages and small towns. There are no large metropolitan sprawls, as in England. The police here are not as specialised as in England, nor as accustomed to dealing with certain types of crime, which require a great deal of modern technological and laboratory work to solve. When doors are left open for small children to walk out, especially in a strange place, and when no adults are present, it is not surprising that the police first thought that the child, Maddie, had strayed. Most people would think that. The police here are one hundred percent anxious to solve this tragic disappearance, for professional reasons and because the Portuguese are family people and love children. The Portuguese law does not allow the daily babble that the English law allows, and which I think is often of great help to the criminals.

Let it be known that many of us English residents love Portugal with all our hearts, and though it is not perfect, we are daily thankful for our lives here and for the kindness of our Portuguese neighbours. We would not want to see Portugal going the way of modern Britain!

Only people who live here know what is going on, and what has caused certain frictions in the McCann case. Everybody is concerned about the child and wish the police success and want her to be returned safely to her

parents.

ROSAMUND GALE, By e-mail

Regarding the McCanns

SIR, Firstly, I would like to agree with Mr. David Fraser's comments (18th August). People who live in England only know half of the story regarding Madeleine McCann's disappearance, and until they know all of the facts, they should keep their comments to themselves.

On that note, I found the letters by Beverley Hunter, Christine Lloyd, Kim Haughey and Hazel (no last name given) (all 18th August) biased and judgemental. All they have heard about Madeleine's abduction is what the British press have told them, and we all know that the British press *always* tell the truth about *everything*. Even if the Portuguese had done everything in their power (which I am certain they have), the British press would still find a reason to make derogatory comments about them. Specifically to Christine Lloyd, I say - do you honestly think the people of Praia da Luz would call Madeleine's family 'the bloody McCanns'? I think not. Despite the obvious point that 'bloody' is an English word, and does not have a Portuguese translation, so how can Portuguese call them 'the bloody McCanns'? And to Beverley Hunter, some Portuguese papers may have reported that Madeleine is dead, but are they the decent newspapers or the Portuguese equivalents of the English tabloids, like the Sun and the Star, whose stories are less than reliable? And as for the McCanns no longer being welcome in Portugal, I have no idea where you got that idea from. The back of a matchbox?

I'm sorry, but until you have lived in Portugal, seen what the people are truly like, seen how hard the police are working and how everyone is doing their best to keep Madeleine's disappearance in the public eye, only then can you properly comment on the job the police are doing to find Madeleine. Only then can you say whether the Portuguese press are using bullying tactics and throwing groundless accusations around or not.

SAM SMITH,
Moncarapacho~

Re. Not good enough

SIR, Dona Raquel, on behalf of the majority of English living in and visiting Portugal I apologise for the minority, sinto muito. I have been living here for over one year and have always found the people of Portugal to be friendly and helpful. Obrigada para serviço magnifico. Yours thankfully,

COLIN, SANDRA & BRIAN, By e-mail

Re. Letter 'Enough is enough in Madeira'

SIR, Kjell Jansson's letter raises some interesting matters. Mr. Jardim is a politician and so does not necessarily believe his own words. Politicians say what voters want to hear. Kjell Jansson may find the words objectionable but the majority of voters obviously do not or they would not re-elect Mr. Jardim. It seems that the voters of Madeira

find homosexuality and sodomy objectionable and vote accordingly. This process is called "democracy". It could be argued that the voters are safeguarding democracy and acting as one of the last bastions against political correctness under which views contrary to the dictates of opinion moulders are outlawed.

REG TAYLOR,
Moncarapacho

Can anyone help?

SIR, I am looking for someone I knew many years ago when she visited America. Her name is Helena Margarida Naia da Cunha Pereira, she was an AFS student in my small town. We were good friends and lost touch many years ago. Please if anyone knows her address please let me know.

Thank you.
STACYLAWLESS, By e-mail

Smoking ban ... or not

SIR, Over recent months there have been a number of letters published regarding the proposed smoking ban in public places, with one of the most verbose being Perry Bartlett. Oh, how he must have rejoiced when it was announced that the Government has made a U-turn to allow bar and restaurant owners to decide whether to apply the law or not!

But I am writing because in the course of my job I come into contact with many Irish couples and several have said that they were amazed to hear of this allowance to "give smokers and bar owners more choice". Everyone I have spoken to has said that in Ireland anyone can now go home after a night out and their hair and clothes no longer smell like a used ashtray, and there are no longer any major issues about not smoking in bars and restaurants.

I have done some research and found:

Within a year of the ban being introduced in Ireland over 80% of smokers said that they thought the ban was a good idea.

In Ireland 94% of smokers think that their workplaces are healthier places now.

I agree that the law as originally proposed was totally unfair to smaller premises and that it should have been enforced globally, not in a discriminatory manner. But it SHOULD be enforced. Smokers keep bleating about their choice being removed, but this amazing change to allow smoking in enclosed spaces removes the choice of others not to smoke.

I have no doubt that Perry will reply saying that I am selfish, AND HE IS RIGHT! I smoked for 14 years until I made a choice to stop several years ago and I now ask why should I be denied MY right to choose to breathe clean air because of the selfish attitude of smokers who refuse to even accept that they are selfish?

DAVID FRASER, By e-mail

Portuguese for Beginners

Emília Rosendo

100

THIS LESSON ... is dedicated to Madeleine and all other missing children whose name(s) I do not know.

ARROW WORDS

① In this puzzle, all you have to do is use the clues to find the nine words. Each word contains the letter "a".

1	A				
2		A			
3			A		
4				A	
5					A
6				A	
7			A		
8		A			
9	A				

1. Nós gostamos muito desta pessoa; sentimos amizade por esta pessoa. Juntos, conversamos, saímos, discutimos, choramos, rimos... enfim, estamos unidos nos bons e nos maus momentos.
2. Aqui é possível ouvir notícias e música. É um meio de comunicação de massas muito popular.
3. É onde as pessoas podem bronzear-se, nadar, brincar na areia, jogar e dar longas caminhadas à beira mar.
4. É uma das estações do ano. Quase todas as pessoas preferem esta estação para fazer férias.
5. Podemos pagar as nossas despesas menos elevadas com uma nota ou uma ...
6. Calçamos ... no Inverno porque são mais quentes do que os sapatos.
7. É onde pomos a nossa comida para comermos com a ajuda de um garfo, de uma faca ou de uma colher.
8. É o terceiro mês do ano.
9. É o oposto de "depois". "Devemos lavar sempre as mãos ... e depois das refeições."

Please send your completed exercises, with a STAMPED, SELF-ADDRESSED ENVELOPE, to me: Emília Rosendo at The Portugal News and I will send them back corrected. The Portugal News - Apartado 13, 8401-901 Lagoa. Tel: 282 34 11 00.



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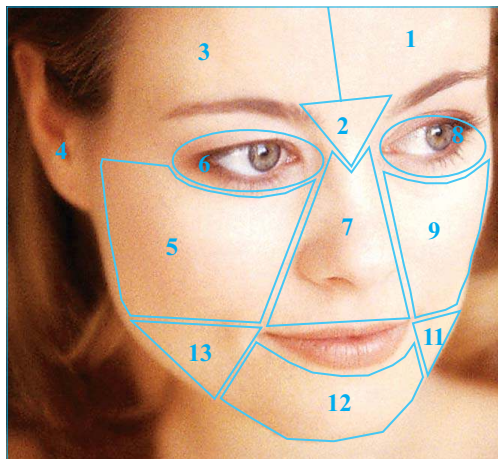
Face facts ...

How many times have you been for a facial and left not knowing anything about your skin or anything about the products that the therapist used. Well, this shouldn't be the case! It is the responsibility of your beauty, skin or facial therapist to tell you all you need to know about your skin, what you can expect your skin to feel like and look like after your facial, talk you through what was used on your skin and explain how you can maintain the effects of a facial when you get home.

What makes a good facial?

The "Dermalogica Face Mapping Treatment" has just been voted as the best in-salon treatment. Looking at what's involved in a Dermalogica facial will help you understand just what makes a first-class face treatment.

Firstly, before any facial treatment you should undergo a skin analysis session. This will involve the therapist looking at and analysing your skin, to help determine what products should be used. In the Dermalogica Face Treatment you will experience two forms of analysis. You will be asked to fill in a consultation form when you arrive for your treatment, which will help the therapist determine your skin type and any problems you have with your skin. The Dermalogica Face Treatment also includes face mapping. Face mapping is a form of skin analysis that is unique to



Dermalogica's face mapping zones.

Dermalogica. The face is divided into 14 zones and each zone is analysed individually. At this stage the therapist will confirm your skin type, inform you of any skin conditions and because this technique also incorporates Chinese diagnosis, the therapist

may be able to suggest why you are experiencing certain conditions and help you with lifestyle changes that could solve the problem.

Your skin can change every day and if it isn't analysed correctly your therapist could end up using products that just aren't suitable, thus, you don't get a beneficial face treatment.

Following these initial first steps of a face treatment your therapist will now know exactly what to use on your skin and can select the right products to treat

your skin correctly.

After your face treatment your therapist should talk to you about your skin. Your therapist should certainly make you aware of your skin type and skin conditions and recommend the type of products you should be using to help with this. Furthermore you should be informed as to how you can expect your skin to react after the facial, will it feel tingling and will you get some breakouts over the next few days? A Dermalogica Face Treatment is highly prescriptive and you will be given a face mapping prescription sheet which will illustrate your skin conditions and highlight the products that have been used throughout your facial.

Everything you should have been told last time you had a face treatment.

We'll start with the basics. Before you start looking at products you need to know your skin type and your skin conditions. However, most people don't know the difference between skin types and conditions, so we'll start there.

Your skin type is what you are born with, and you're stuck with it, there is nothing that you can do to change it. Your skin will go through a few changes regardless of whether it is oily or dry, it will become slightly oilier through puberty and will dry out as you get older but, your underlying skin type will not change.

Skin conditions are entirely different. They include sensitised skin, dehydration, pigmentation, premature aging, and breakouts. Skin conditions are usually caused by external factors and they can change from day to day. The method of treatment for skin conditions is also very different. It may be through highly specialised products and professional treatments or lifestyle changes like drinking more water.

Your skin type will determine what cleanser, toner and moisturiser you should be using. Your eye product, exfoliant and masque should be chosen by taking both your skin type and skin condi-

tions into account. When looking at a more advanced homecare routine where you are using a masque and exfoliant it may be necessary for you to speak to a professional skin therapist to help you decide on the products most suited to you.

SKIN TYPES

There are four basic skin types, these are Normal, Dry, Oily and Sensitive. You can also get a combination skin type which can be a variety of two or more of the four basic types.

NORMAL SKIN

If you have a normal skin type your skin will have an even colour and smooth texture. Generally your skin will look and feel healthy. Your pores will be of average size and you will produce the correct amount of oil. Despite having healthy skin you should adopt a basic routine of cleansing the skin with a facial wash, toning with a gentle toner and moisturising with a medium weight moisturiser. It is also important to remember that the key to maintaining a healthy skin is to always wear sun protection.

DRY SKIN

A dry skin type will look slightly dull and will have a rough or grainy texture to it. You will have small pores and your skin will not produce enough oil causing it to feel tight at times. For a dry skin you should use a creamy cleanser and once again use a gentle toner followed by a heavier moisturising cream. A dry skin type will age much quicker and sun protection is therefore vital as the sun will increase the speed at which collagen will breakdown.

OILY SKIN

Oily skin can sometimes have a sallow appearance and you will often notice a shine on the t-zone. You will have larger pores and may be prone to congestion and breakouts. You should cleanse your skin with an anti bacterial wash or a clay based cleanser to help absorb excess oil, don't be tempted to use an alcohol based toner as this could potentially strip your skin and cause dehydration, thus causing your skin to

produce more oil as it will try to treat the dehydration itself. You should use a light moisturiser and an oil free sun block to protect your skin during the day.

SENSITIVE SKIN

Sensitive skin will have a tendency to redness, will burn easily in the sun and will often feel irritated and sore at times. It may react quickly to products. A sensitive skin needs to be treated very carefully. You should be using a gentle and calming cleanser that can be removed either with water or cotton pads, toning should be done with a soothing toner that will help your skin form a protective barrier. Try moisturising your skin with a highly specialised moisturiser that will not irritate and always use a chemical free sun block for daytime protection.

Acne is also regarded as a skin type but is extremely difficult to treat. If you have acne regardless of whether you are taking medication or not you should certainly obtain guidance from a skin therapist.

HOMECARE ROUTINE

A homecare routine is essential and is more important in terms of skin health than having a facial every four to six weeks. A basic homecare routine would consist of a double cleanse morning and night (the first cleanse will rid the skin of surface dirt and bacteria, the second cleanse will remove in-ground dirt and pollution), the next step should be toning, and then moisturiser. During the daytime you will either need to add a sun protection factor to your moisturiser or use a moisturiser with sun protection already added.

Should you choose a more advanced homecare routine you should start by introducing an exfoliant. As a general rule a scrub based exfoliant can be used between 2 - 3 times weekly, an alpha hydroxy acid exfoliant can be used 1 - 2 times weekly. Dermalogica's Daily Microfoliant is a revolutionary exfoliant that is so gentle that it can be used daily and is perfect for all skin

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types. The next step would be to incorporate a masque. If you are using a masque to treat your skin type, use it as a boost 1-2 times per week. If however, you are using a masque to treat a skin condition use 1-3 times per week until you have corrected the skin condition.

Miracle products ... do they work?

There is always a lot of hype surrounding new products that become available on the market but do they really work? It's important to remember that without a good homecare routine using one new product won't be enough, there is no such thing as one product that will give you healthy skin.

Recently, Retinol has been marked as the best product for anti aging. Retinol is derived from Vitamin A and will have an impact on aging skin, it will help diminish the appearance of fine lines and in the form of vitamin A will also have many other benefits. So, when looking for an anti aging moisturiser look for Vitamin A rather than just retinol. Furthermore for significant effects on aging the newest ingredients to look for are peptides. Dermalogica's Power Rich contains Palmitoyl

Pentapeptide-3, recently voted as the best cosmetic ingredient for anti aging.

Many people also believe that they can actually reduce the size of their pores. This is a complete myth. As stated earlier, your pore size will always remain the same and the only thing that you will be able to do is firm and tone your skin which will help reduce the appearance of your pores, but the actual size will never be changed, no matter how many pore minimising products you use.

When investing in a new product always seek advice from a qualified skin care professional. Once again it is better to stick to a basic skin care routine than to use one miracle product. It's all about achieving a healthy skin that is functioning at its optimum.

Suzie Bell Senses skin care centre 282 762 261 / 913 275 869.



Q & A's

I have a dry skin type and although I love most of the products that I use at home, the toner I am using at the moment really burns when I wipe it over my skin. Any suggestions?

It sounds to me like your toner contains alcohol. It is completely unnecessary for any toner to contain alcohol as this will, without doubt, strip your skin, dry it out and cause redness. This is certainly the last thing you need if you have a dry skin, as alcohol also has astringent properties.

A solution for your problem... 'Dermalogica Soothing Protection Spray' will be great for you at the moment. It's a calming spritz over toner, the botanicals immediately reduce irritation, redness and inflammation, thus helping repair the damage that has been done by using a toner with alcohol in. It may not be necessary for you to use this toner for a great length of time, but I would recommend using it for a few months at least. It's also great at this time of year as

you can spritz it over your skin throughout the day to deliver vital hydration to your skin. In addition to this, because your current toner may have stripped your skin and damaged your lipid barrier it could be that your skin is also dehydrated as you will probably have been losing water through your impaired barrier. Rather than buying a hydrating masque straight away I would firstly recommend drinking more water. This will instantly improve hydration levels in your skin and will benefit your skin by helping it to function at its best and thus, repair the damage itself.

E-mail any questions you have regarding your skin, beauty products and beauty treatments to: senses skincare@hotmail.com. One or two questions will be printed, but every one will be answered personally.

Superfoods for a summer boost

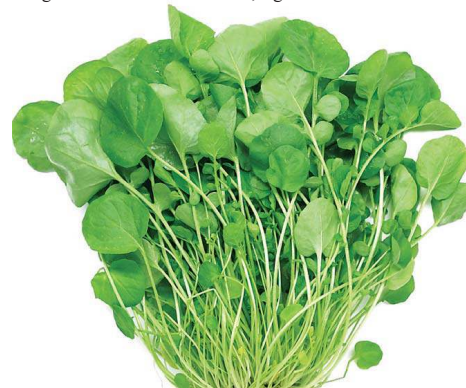
If you are lacking in energy, you could easily invigorate your system by adding some superfoods to your diet. Follow our guide to a summer pick-me-up for your body. That doesn't mean punishing gym sessions, in fact, 70% of us never stick to those regimes, instead you could simply give yourself a boost with some easy tips - adding a few superfoods to your diet.

SALAD SECRET

If you're having salads, don't forget to add watercress. This dark green plant is packed with no less than 15 vitamins and minerals, most importantly iron, says Jacqueline Young author of a new book, *Complementary Medicine For Dummies*.

Nutritionists, herbalists and naturopaths all use watercress to treat fatigue, weakness and skin problems.

Young suggests making a nutritious cold summer soup. Blend two generous handfuls of washed, organic watercress in a blender



with half an avocado, some sprigs of parsley, some chopped cucumber, a squirt of lemon juice and a glass of water until smooth. Add a dash of seaweed salt and eat immediately.

However, you should avoid excess watercress if you have kidney disease.

GOGREEN

Stimulants like tea, coffee and alcohol give a short term energy boost but soon wear off leaving us craving sugary, refined foods. Instead, replace your morning cuppa with green tea, which could give you a great summer energy rush as it contains bioflavonoids. These plant compounds are also found in fruits, vegetables, and even red wine, and they may help improve circulation and protect against cardiovascular disease and certain cancers.

Gabrielle Fagan



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We all know that superfruit pomegranate juice is good for us in terms of nutrition and anti-oxidants, but American researchers have just conducted new research suggesting that it may also ease erectile dysfunction. Writing in the International Journal of Impotence Research, scientists claim that 47% of subjects taking part in the study reported erection improvements as a result of drinking pomegranate juice.

Consumption of the juice has been on the rise in the UK where sales have rocketed following media reports that the fruit has been linked to improved heart health as well as protecting against prostate cancer and slowing cartilage loss.

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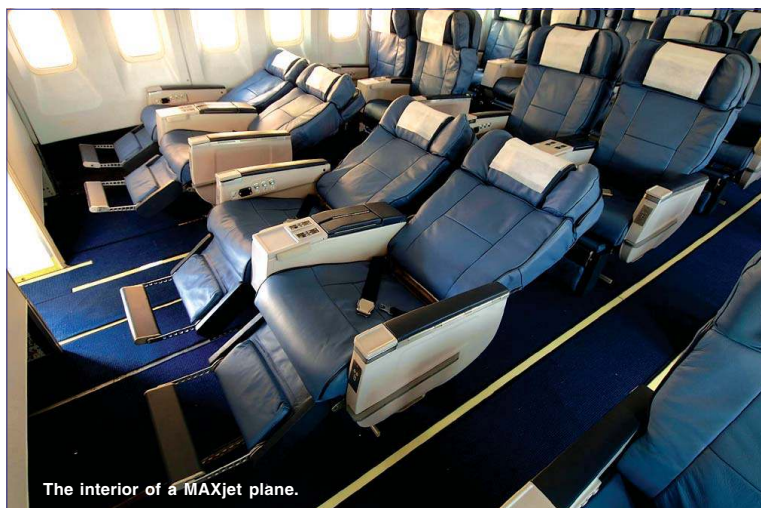
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To Las Vegas in luxury

The tail-plane of a MAXjet.



The interior of a MAXjet plane.

Think Las Vegas. Think gambling, glamour and the Mob. Think fastest-growing 24-hour city on the planet. And then think of the 10-hour flight to get there from Britain, arriving there bedraggled and ready for bed rather than the roulette table. Not anymore.

East Anglia in the UK might seem an unlikely starting point for a rock 'n' roll trip to Las Vegas, although the Elvis impersonator helps set the scene. But it is now possible to catch an all-business class service from Stansted Airport to the ultimate party city of excess, and I jumped at the

chance to sample it.

When your destination is Las Vegas, this is surely the only way to travel. MAXjet, which has been transporting business travellers between Stansted and New York JFK since November 2005, is now flying direct to the entertainment capital of the US. This is remarkable not because there is any shortage of business travel into Las Vegas, but because MAXjet's service comes for the not-so-princely sum of £999/€1,471 return.

You can pay more than that for economy class with some airlines. And with it comes all that you would expect from business class, including complimentary drinks in the departure lounge and a wonderfully attentive cabin crew.

But the biggest difference is the seating. Take a normal passenger jet, strip out all the seats and put in half as many as it was designed for and that is what you get with MAXjet. Their Boeing 767s would normally carry about 200 passengers, but because MAXjet is all business class, they have converted their fleet so that they seat just 102.

All seats are either window or aisle, meaning no embarrassed climbing over neighbours to get to the toilet from those accursed middle seats. More than that, there is enough space to stretch your legs

to your heart's content, while the person behind couldn't kick you in the back if they tried. You can also lean your chair back until you're lying virtually horizontal, a great benefit on a long-haul trip when you're trying to get some sleep.

Not that you'd really want to sleep, given that Las Vegas lies ahead and there are unlimited drinks and snacks until you get there. The four-course gourmet meal is a dream compared to standard in-flight fare and you're even treated to china and proper cutlery.

Throw in a decent selection of films, television programmes and music on your portable 'digEPlayer' and the result, when you reach your destination, is that you feel fresh as a daisy and ready to party. Which is no bad thing when you're touching down in Vegas, serenaded through arrivals by yet another Elvis impersonator (the frequency of their appearances is only set to increase).

But even Elvis Mark One, the King himself, would be hard pressed to prepare you for the contrast from humdrum airport terminal to 'The Strip'. Las Vegas Boulevard - with its cacophony of sights and sounds, its concentration of neon lighting and vertiginous hotels - is as much of a cul-

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Breath taking views from the top of the Grand Canyon, with the Colorado river meandering through it.

ture shock as I can imagine in an English-speaking country.

Truthfully, there is no escaping that Las Vegas is a bit of a fraud. Nothing is real. Wandering down The Strip you can take in the Eiffel Tower, the Sphinx and the Colosseum, all within about 20 action-packed minutes. It all looks highly impressive, especially at night when The Strip is like a beacon set against the barren Nevada desert.

Purists might point out that none of this is quite as impressive as the originals and that in the cold light of day, parts appear a teeny bit plastic. But none of that can detract from the simple fact that, taken together, it's an awesome assault on the senses and merely walking around can feel like a high-octane adventure.

A hundred years ago, Las Vegas didn't exist. Now its population

is racing upwards of two million as it expands exponentially into the desert. This growth has resulted from the city's single-minded pursuit of entertainment heaven.

Every new development along The Strip is designed to put the last in the shade, so that it is constantly outdoing itself in ensuring that millions of visitors continue to pile in. The result is big and brash. London looks thoroughly quaint by comparison.

Everything revolves around the hotels, which hold thousands of people at a time and accommodate casinos where in any other town there would be a reception. Only in Las Vegas do the restaurants and rooms in a hotel feel incidental to the main focus: gambling.

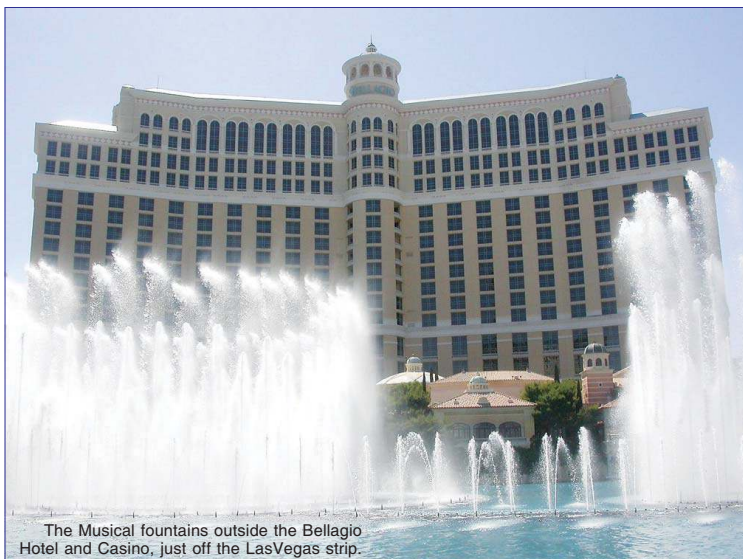
All are designed so that you have to walk through the casino areas to get to your room. The

one, newest hotel which has broken this rule is now, apparently, paying the price in turnover. Nipping out to fetch a morning coffee means negotiating the slot machines and blackjack tables, which are almost as well patronised at 9am as at 9pm.

Even if gambling is the heartbeat of the hotels, however, many remain incredible for their detailed themes, taking as their subject destinations as diverse as Rome, Luxor and New York. Wandering around the Venetian, for example, the painted ceilings are hardly Caravaggio. But the sheer size and attention to detail - right down to the Rialto Bridge and Doge's Palace facade outside - more than justify the project.

The skyscrapers of the faux Manhattan area must be half the height of the originals, but when they are a short crowded walk

Walking down The Strip, Las Vegas lives up to its larger than life reputation.



The Musical fountains outside the Bellagio Hotel and Casino, just off the Las Vegas strip.

from a Sphinx in front of a pyramid they assault the senses just the same. Newer developments are shying away from the themed hotels, but Venice, New York and Egypt are here to stay.

If you're going for the slot machines, remember that the casinos never close and only a tiny minority walk away with million-dollar jackpots. But it's what goes with the gambling that's most exciting - while the one-cent slot machines exude little glamour, there is a more sophisticated side to Las Vegas that requires exploration.

Superb haute-cuisine restaurants, designer shopping (often at preferential prices, especially given the weak dollar) and get-away-from-it-all spa treatments abound. And then, of course, there are the shows. I saw Cirque du Soleil's Love, the famous troupe's 21st century tribute to The

Beatles, which alone is worth a trip to this fantastic city in the American south-west.

Those with a day to spare should take the opportunity to visit the Grand Canyon. As the closest city, Las Vegas is a handy place from which to visit. What Las Vegas offers in millennial commercialism, the Grand Canyon - over the state border in Arizona - matches in natural wonder.

TRAVEL FACTS

∴ Daniel Bentley was a guest of MAXJet, which flies to Las Vegas three times a week on Mondays, Thursdays and Sundays (with Sunday frequency added from September 2). MAXjet reservations: 00 44 (0)800 023 4300 and www.maxjet.com

∴ He stayed at the The Aladdin Resort, which is now a Planet Hollywood resort, currently offering double rooms from \$109

(around £54/€80) per night. Further details at their website: www.planethollywoodresort.com

∴ In its new brochure for 2007/8, leading US holiday operator Jetsave advertises accommodation in Las Vegas from £19/€28 per person per night, room-only. Jetsave reservations: 00 44 (0)870 161 3400 and www.jetsave.co.uk

∴ Further information on Las Vegas is available on 00 44 (0)870 523 8832 or online at www.visitlasvegas.co.uk



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Why being dumped is a good thing

When most women hear the dreaded words, "it's not you, it's me", their stomach lurches. But, believe it or not, being dumped can actually be a good thing. We chat

to Alexandra Heminsley, author of *Ex And The City: You're Nobody Until Somebody Dumps You*, about why being given the push shouldn't be a source of

shame but a badge of honour.

When most people hear the dreaded words, 'it's not you, it's me', or, 'we need to talk', their stomach drops through the floor and dark thoughts about their inevitable future as an eccentric old woman with hundreds of cats instantly flash through their mind.

But, although nobody's saying that it's much fun to be dumped - and yes, we're all allowed a period of watching *Bridget Jones* on repeat while eating our own body weight in ice cream - there's no law that says your whole life has to fall apart at the seams, according to Alexandra Heminsley, author of *Ex And The City: You're Nobody 'Til Somebody Dumps You*.

In fact, Heminsley admits that she's been dumped in a restaurant, in a stairwell and in a graveyard, to name but a few choice locations, but still maintains that being given the push shouldn't be a source of shame but a badge of honour - because unless you're ready to risk it all, you'll never find love.

"A break-up is rarely one person's fault more than the other," she says. "And even if it was, can you seriously name a dumpee who has emerged anything other than happier than she was beforehand? Of course not. The unique nature of any dumpee's agony means that you will almost always resurface wiser and have more fun."

Battle tactics for the first 24 hours

"It's war - not you versus him, but you versus your hurt," advises Heminsley. "So, approach that first day like war, and you

may find yourself stronger than you ever imagined you could be."

Camouflage

"Maybe you can't be bothered to put on a full face of make-up, but you absolutely cannot give in completely," Heminsley says.

Hormones and rebounds

It's all very well telling yourself that having "modern and liberated non-committal sex" will make you feel loads better after being dumped but, as Heminsley rightly points out, there's a slight glitch in the design of female hormones, which makes it almost inevitable that we become kind of clingy in the end.

And being needy is obviously the kiss of death for any rebound flings or post-dumped break-up sex. "Oxytocin is the Wizard of Oz of our bodies - it is responsible for dispensing the good stuff, the emotions and reactions that most of us enjoy experiencing most," explains Heminsley. "But like the good wizard himself, it also has elements that are a little bit unreliable."

Indeed, when both men and women have sex, a certain type of oxytocin is released along with dopamine and endorphins, which makes sex with "that particular person" rewarding.

But here's the, erm, rub.

"It's absolutely, and quite literally, maddening, because in your body, oestrogen, the female hor-

A secure base camp

In the battle for survival it is of paramount importance to get home and create a safe area for retreat - so turn your bedroom into a sanctuary.

"Wash your sheets. This is essential, because human smell is extremely evocative - if he's been in your bed recently, you'll be able to tell," Heminsley warns.

Lines of communication

Very simply, DO. NOT. CALL. HIM.

"The harsh truth is that in most cases, you're not going to get back together, and this is a good thing, so you need to just summon all of your energy and confidence and

hug it towards you instead of him, because you need it and you deserve it," Heminsley says.

In fact, delete his numbers and email address to avoid post-dumping phone calls, texts or emails.

Dumping with decency

It's very likely that there will be times when you find yourself on the other end of the messy business of dumping, so

Heminsley recommends the following tips to ensure that you treat your soon-to-be ex as you'd like to be treated yourself.

Don't avoid it for too long

"Give it a couple of weeks to be sure of your decision, but anything over a month is too long and

you enter the risky territory of Potentially Blurring It Out At Any Minute."

Don't lie or patronise them

"What you say as your excuse will be spun in your dumpee's mind over many days and nights to come - there can be no defending planting the seed of anxiety that needn't be there at all," Heminsley warns. For example,

don't say he's too clingy if you've simply got your eye on someone else. Likewise, don't try to be too nice - dumping someone is never a pleasant business so don't expect a pat on the back and a lollipop for good behaviour.

Do it in person

Texts, emails, letters, cakes with messages iced on to them,

personalised blimps and Post-its are not allowed!

Don't say it was down to bad sex

"Just because his skills no longer get you frisky it doesn't mean they won't work for his next lady, so don't let him think his way is the wrong way - unless of

course he indulged in anything illegal, unhygienic or accompanied by the sounds of Kenny G - in which case, consider it your civic duty," Heminsley laughs.

The last word

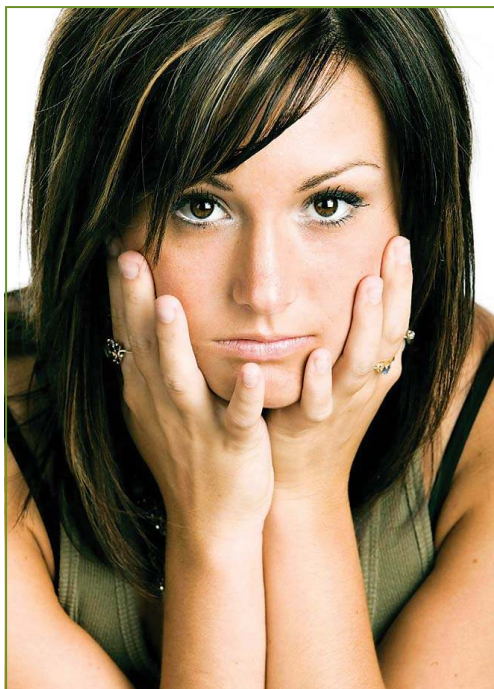
"It turns out that you do need to know what pain feels like in order to feel happy at other times," says Heminsley.

"After all, if you don't feel any anguish at the inexplicable refusal of a hot guy to give you that fifth date, then how are you expected to feel the inexplicable delirium next time, when you realise that someone fabulous has fallen in love with

you?"
"You can't stop yourself from getting dumped - all you can do is stop yourself from living your life in the shadow of the fear of getting dumped."

Ex And The City: You're Nobody 'Til Somebody Dumps You, by Alexandra Heminsley, is published by Pan Books, priced £7.99. Available now.

Emma Pomfret



When most people hear the dreaded words, 'it's not you, it's me', or, 'we need to talk', their stomach drops through the floor and dark thoughts about their inevitable future as an eccentric old woman with hundreds of cats instantly flash through their mind. (Photo: Press Association)

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New features for the September fair include the **Motor Show** where you can see the latest models; **Show Gardens** where landscape gardeners demonstrate their skills and participate in **The Portugal News LANDSCAPE GARDENER 2007 Award**; **Puff Park** an adventure area with several giant inflatables, clowns, face painting and a real fire engine to explore; **Arts & Crafts Market** where artisans will show off their wares. **The Algarve Property Show** for visitors who are thinking of buying or selling plus helpful seminars each day.

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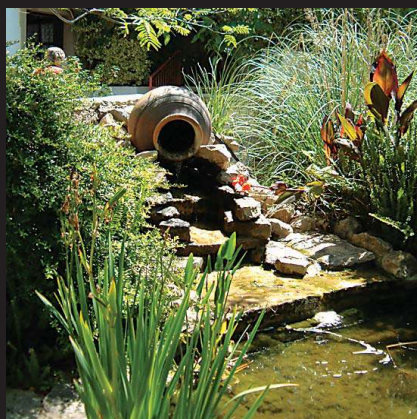
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DIRECTIONS TO FATACIL

From the A2 motorway Leave at Exit 6, then follow signs for LAGOA SUL. This will bring you on to the E125, keep straight ahead through Lagoa until you see the Blue Elephant Car Wash, FATACIL is on the opposite side of the road.
From Lagos and Portimão on the E125 Keep straight to Lagoa, continue ahead through



Show Gardens



Property Show



Puff Park



Food Arena

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Arts & Crafts



Motor Show



over 150 Stands



Entertainment

Lagoa until you see the Blue Elephant Car Wash, FATACIL is on the opposite side of the road.

From Faro and Albufeira direction on the E125 As you approach Lagoa, pass Barclays Bank (on your right) and the entrance to FATACIL is on the left hand side of the road by the traffic lights.

Explore your playful side, whatever your age



Dressing-up normally starts at an early age - little girls tottering around in their mother's high-heel shoes, little boys pulling on their spider-man pyjamas to become their favourite hero. But it is not just children who love to dress up - many of us carry our delight at adopting a new identity long into our adult years.

For centuries fancy dress parties have been one of the most popular ways to add excitement to a special affair. Extravagant costumes become excellent icebreakers and no one is left indifferent. Dressing up can often expose a hidden extrovert and there is something undoubtedly thrilling about keeping others guessing as to who is behind the mask. In short, dressing up is great fun.

For those who love exploring their fun side, there is good news - fancy dress parties are becoming popular again! Whilst, until now, they have not been common in Portugal, this is about to change thanks to a new shop in Lagos.

'Fancy Dress Hire' is filled with an exciting selection of costumes, for men, women, boys and girls of all shapes and sizes.

These range from soldiers and knights, to Marilyn Monroe, Elvis, Pat the stripper, Daisy the cow, Heineken Beer bottles, Santa Clause, and many more. Each costume is unique, and if your dream costume is not in stock, it can be ordered and available within three weeks.

A choice of hats, wigs, jewellery and other accessories are on display to complete your look.

Hiring a costume is a novel idea in Portugal, allowing you to wear a different costume to each party, at a very reasonable cost. 'Fancy Dress Hire' owner Chris Larkin moved to the Algarve in March this year, and officially opened her shop in July. Since then she has helped many little girls become princesses - making their birthday

extra special. Her shop caters for all party needs, including cards, balloons, banners, party bags filled with sweets and gifts, and even a popcorn or candyfloss machine for hire. Chris is also skilled in organising parties, catering for functions and decorating party halls, in fact anything to make your party a roaring success. For directions, or to enlist help with your next party, call (+351) 964 834 741, or email: s_larky@hotmail.com.



Guess who? Lets get the party started!

Lurdes Martins, real estate royalty



Lurdes Martins is one of 3,100 Remax associates, having worked with the Lagos branch since its founding seven years ago. After spending five years as a broker, Lurdes worked tirelessly to climb the professional ladder and become an associate, and was this year rewarded for her efforts with the elite, desirable Remax 'Club 100%' award.

Despite her professional success, the real estate market is somewhat "slower" than five years ago, further proof of Lurdes' hard work to hit her targets.

Lurdes is passionate about real estate and finding clients the home of their dreams, as well as making sure the entire process goes as smoothly and uncomplicatedly as possible. She dedicates 101 per cent of her time to her clients, juggling her career and family life to make sure everyone gets the attention they deserve.

"I wouldn't say it is a 24-hour-a-day job, I'm not that ambitious, but it is certainly not an eight-hour day job", she says, "I can never turn off completely, and my mobile is always on, even when I'm on vacation. I don't work 24 hours a day, but probably a good 14 or 16 hours!"

Contrary to her youthful looks, Lurdes is actually the mother of a 22-year-old, something which proves a surprise to many who come to know her.

When asked if being a woman in real estate is harder than being a man, Lurdes laughs.

"In this job it makes no difference", she answers, "It does for the buyers though", she says explaining how couples or families buying a new house generally follow a curious pattern where "the man has the money, but it is the wife or teenage children who have last say in the matter."

"We rarely know the clients budget, and we don't ask, we just

take in their needs and wishes and try to find the most suitable options".

Remax Lagos, founded by broker Delfim Soares, was the first Remax office to open in the Algarve. It was a pioneering movement in Portuguese Real Estate, and Lurdes Martins has accompanied its success every step of the way.

According to Lurdes, one of the most important aspects in achieving a successful relationship with clients is that "they must feel comfortable", "If they don't feel comfortable then clients can feel misled, and that can stop them from finding the home of their dreams".

Comfort aside, teamwork is another aspect to which Lurdes attributes her flourishing career, her ultimate goal being to reach the Remax 'Platinum' award, the highest of five awards.

Effectively, Lurdes is the bridge between potential property sellers and buyers, with a vast range of properties, including plots, apartments, ruins, villas, and condominiums, which are tipped to be a good investment in the present-day market.

Speaking English, Portuguese, and French, Lurdes Martins can be contacted on: (+351) 967 449 203, or e-mail: mgmartins@remax.pt.

Alternatively, see website: www.remax.pt.



Nature rules in the Land of Harmony



Quaint Praia da Luz is home to one of the region's most remarkable shops, Terra da Harmonia - literally translated as 'Land of Harmony'. From the outside the hidden establishment appears rather small and unremarkable. On the inside, however, Terra da Harmonia is rather full of surprises.

Besides being unusually large, much larger than what is perceived from the outside, Terra da Harmonia is absolutely packed with every single organic product imaginable, ranging from fresh fruits and vegetables to condiments and other foods, health supplements, drinks, snacks and sweets.

Terra da Harmonia is one of few shops that are wholly dedicated to organic and alternative products, and is certainly unique in its variety and vastness of selection. Natural goodness bursts from every square metre, with many of the product ranges being well-known international

nana chips and seed and fruit bars, organic dark chocolate, soy snacks, and much, much more. The wealth of choice is actually fascinating.

health shows.

Canadian resident Meri Hanlin established Terra Da Harmonia three years ago. Meri has incredible knowledge where

concerning organic and alternative products, which she encourages as opposed to traditional foods and remedies.

Organic produce is free of pesticides, fungicides and other toxic substances that can be detrimental to health. A general misconception is that organic matter is much pricier than standard supermarket groceries, though given a long ongoing growth in popularity and demand, organic products are now becoming mainstream and this is reflected in the pricing.

After 25 years in the business in Canada, Meri is still passionate about her line of work,



Meri Hanlin

Organic body creams and other healthcare products make up a large part of the stock, as do health supplements that cover everything from losing weight to shiny hair. Organic Aloe Vera products comprise this fascinating selection, as does a recently discovered herbal combination, which is hugely popular in Canada for warding off colds, flues and infections - the affectionately dubbed 'Rat Poison'.

There is a truly astounding range of organic teas of all sorts and flavours, as well as fridges full of natural organic juices, amongst which is the increasingly popular Tibetan or Himalayan-grown Goji berry juice that recently catapulted to stardom following a number of TV cooking programmes and

as she explained, "I love coming to work everyday. It is not a job, I love what I do". She is also available for giving advice and general lifestyle tips on alternative solutions to a range of ailments, aches and pains. Meri's opinion is that "if something can be helped or eased by opting for natural substances, like drinking a certain type of tea or just eating better, then it must be more beneficial than taking pills and medicines".

Terra da Harmonia is open Monday to Friday, 10h00 - 18h00, and Saturdays from 10h00 - 13h00. For more information or directions, call: (+351) 282 788 353, or see website: www.terradaharmonia.com. An online shopping service is soon to be introduced.



brands that are seldom found in Portugal.

Prime examples are the 'Hipp' range of organic baby food, as well as 'Burns' organic pet food. Fresh organic farm produce is delivered daily from a local cultivator, and there is a large selection of wheat, dairy and gluten free products.

Amongst these you will find anything from organic wines and beers, ethnic cooking sauces and spices, cakes, healthy snacks like organic yoghurt-covered ba-

See SulCare at Fatacil this weekend



Mobility aids and wellbeing specialists SulCare, can this weekend, be seen at the mega Fatacil trade fair in Lagoa, where they will be presenting their range of products and services as well as offering unmissable discounts and promotions.

any wheel system designed to climb stairs and steps with minimum effort.

Wellbeing products include massage chairs, blood-pressure reading devices, cooling eye masks, fitness balls, orthopaedic bed systems, mattresses and pillows (by renowned makers, Tempur), and specialist flooring for the likes of gymnasiums and yoga studios.

At Fatacil you can test and try most of these products, with daily promotions being offered on many items. Test a stair-lift, take a spin on a scooter, relax in the massage chair, or even have your blood pressure checked for free.

If you would like to visit Fatacil, but have mobility problems, then give SulCare a ring beforehand and they can organise an aid (e.g. wheelchair, scooter, walker...).

Over the weekend the pro-

motions will include shower stools and bath-seats.

For more information, contact SulCare at the Fatacil stand CC36, on: (+351) 964 805 111

/ 960 004 682, or Loulé shop number: (+351) 289 417 243.

Alternatively, e-mail: info@sulcare.com, or see website: www.sulcare.com.



SulCare managing partner Thomas Decker (left) with technical director Thomas Wirth.

PROPERTY

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PROPERTY OF THE WEEK

A superb investment opportunity in the Eastern Algarve



Located within the traditional and very popular with tourists fisherman's village of Fuzeta, in the Eastern Algarve region, this week's 'Property of the Week' presents an outstanding investment opportunity. If you are in the market for a good business venture then this may be the solution; a complete apartment block and shop for sale.

Tavira is one of the region's most architecturally interesting towns and is home to no fewer than 37 churches and a striking Roman bridge that connects the two sides of the town across the River Gilão.

Renowned for its pinnacle roofs, its origins date back to around 2,000 BC. Since its Moorish occupation Tavira has been of great importance due to its fishing industry. Its original economic reliance on the fishing industry has now been surpassed because of the change in

migration patterns of the tuna fish. With a population of an estimated 20,000 inhabitants Tavira retains its authentic rural and undeveloped feel, though this is rapidly changing due to its popularity amongst tourists and the opening of golf courses in the vicinity.

The building itself enjoys an excellent location beside the Ria Formosa river, with all amenities and beaches within walking distance.

Comprising a shop and two apartments, one one-bedroom

(T1) and one two-bedroom (T2), it guarantees scope for significant rental returns, being sold with a monthly rental income of 1,400.00 Euros.

Constructed in 2006, the pretty building comprises a 75-square-metre shop, which has two bathrooms and a storage room, as well as the two apartments, measuring 63 square metres (T1) and 69 square metres (T2). Fully equipped, the apartments each comprise bedrooms, kitchen, living area, bathroom and storage room, and have private terraces. The kitchens are complete with an oven, hob, extractor fan, fridge/freezer, water heater, washing machine and dishwasher.

The apartments are presently rented at 400.00 Euros each, and the shop a rent of 600.00 Euros per month.

This sound opportunity is a great investment, priced at just €450,000.00, which is negotiable. For more information, contact António Oliveira at Vilas Luz on: (+351) 919 054 792 e-mail: antonio@reesin.com, office_villasluz@sapo.pt, or, alternatively, see website: www.villasluz.com.



This week's 'Property of the Week' presents an outstanding investment opportunity with appealing rental returns.

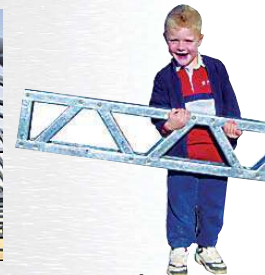


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Vilamoura

One bedroom apartment composed of bathroom, lounge and dining area, kitchen and 2 terraces. Furnished and equipped. Communal swimming pool and garden area. Construction area - 47 sq.m.

Ref: A1192 Price: € 99,000



Vilamoura

Beautiful apartment composed of 2 bedrooms, 2 bathrooms, lounge and dining area, equipped kitchen, storage, roof terrace and varandas. Garage.

Ref: A1191 Price: € 340,000



Vale Telheiro

Country villa composed of 3 bedrooms, 3 bathrooms, lounge w/ fireplace, dining room, kitchen, terrace, laundry room and office. Terraces and roof terrace. Swimming pool and garden. Plot area - 220 sq.m.

Ref: V12492 Price: € 360,000



Vale Judeu

Country villa composed of 6 bedrooms, 4 bathrooms, lounge w/ fireplace, dining room, kitchen, laundry room, office, various storages & terraces. Carport. Swimming pool & garden. Furnished & equipped. Country & sea view. Plot area: 4.000 sqm.

Ref: V12483 Price: € 545,000



Vilamoura

Beautiful villa, situated in a quiet area, composed of 4 bedrooms, 4 bathrooms, lounge w/ fireplace, dining room, kitchen, storage & terraces. Basement w/games room, garage, swimming pool & garden. Plot area: 910sqm. Construction area: 260 sq.m.

Ref: V12426 Price: € 980,000



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Carvoeiro

Townhouse in quiet area, close to village centre & Centianes beach. Spacious 2 bedrooms w/ own balcony, 2 bathrooms, lounge/dining room, equipped kitchen, storage area, roof terrace. Space for 3rd bedroom. Covered carport. Communal swimming pool.

Ref: A-207 Price: € 235,000



Pestana Golf & Resort

Luxurious townhouse in peaceful location. 2 bedrooms, 2 bathrooms (1 en suite), lounge/dining room, equipped kitchen. Communal sw.pool. 24-hour security. Central heating. Sat-TV. Close to beaches & Carvoeiro centre. Golfing rights. Furnished.

Ref: V-327 Price: € 299,000



Carvoeiro

Villa on a small plot, good location with easy access to the village. 3 bedrooms, 2 bathrooms, equipped kitchen, lounge, dining area, garage. Space for swimming pool with permission to build. Realistic price.

Ref: V-345 Price: € 365,000



Carvoeiro

Spacious luxury villa close to the village centre. Excellent rental return. Easy to maintain, low running cost. Tastefully furnished. 3 bedrooms, 3 bathrooms, lounge/dining room, spacious kitchen, swimming pool. BBQ area.

Ref: V-344 Price: € 405,000



Porches

Rustic villa in secluded location set in plot of 25,000m2. 4 bedrooms, 5 bathrooms, lounge/dining room, equipped kitchen, garage, swimming pool. Large variety of trees. Bore hole, cistern, 3 apart. 600ltr solar heated.

Ref: V-330 Price: € 1,090,000

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Estói

- Lovely villa built in 2000
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- Barbecue & garden
- Villa 150m², plot 377m²

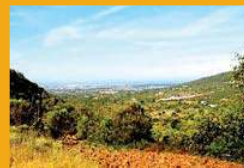
Ref: V958
Price: € 385,000



Coja, north Portugal

- Traditional style house
- Beautiful location
- Mountain & valley views
- 3 bedrooms, 3 bathrooms
- Annex & stone cottage
- Villa 300m², plot 32.050m²

Ref: C947
Price: € 699,000



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Quelfes, Oihão

- Large property c1855
- To renovate or rebuild
- 400 year-old well
- 5 bedrooms, 2 bathrooms
- Buildings/annex 680 m²
- Plot 4.880m²

Ref: C951
Price: € 275,000



São Brás de Alportel

- Beautiful modern villa
- Owner/architect designed
- 4 bedrooms, 4 bathrooms
- Lovely views to the coast
- Villa 405m² plot 2.290 m²
- Pool option extra cost

Ref: V950
Price: € 880,000



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Carvoeiro

Luxurious Villa w/ unspoiled front view. Swimming pool & outdoor jacuzzi, has 4 suites. Cooling/heating system. Under floor heating. Garage, fully fitted kitchen, laundry & utility room, gardens & security system which includes alarm (connected to police, medical & fire services), CCTV, & video gate entrance.

Ref.: 0218 Price: € 2.250.000



Carvoeiro

Luxurious Villa. First line. Sea view. Pool – outdoor Jacuzzi – 4 suites – garage – fitted kitchen – laundry – garden – security system – video gate entrance – alarm connection to police, fire services + medical.

Ref.: 0219 Price: € 2.250.000



Carvoeiro

Luxurious Villa - 3 bedrooms en-suite with closet, 1 service bathroom equipped kitchen, floor heating. Swimming pool with cascade garden and a lake for ducks.

Ref.: 0214 Price: € 1.300.000



Near Portimão

5 bedroom Villa, three suites with complete bathroom, one with Jacuzzi. Air conditioning - central heating - gym with a Turkish bath and sauna - swimming pool, garden – barbecue.

Ref.: 0210 Price: € 695.000



Near Portimão

3 bedrooms en suite with complete bathrooms, 1 service bathroom. Air conditioning - central heating. - swimming pool, surrounded by a landscaped garden.

Ref.: 0211 Price: € 460.000



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VILAMOURA - "MARINA"

Ref. L61585

Commercial area. 63 sq.m. Outstanding location. Directly facing the Marina. Storage. Bathroom. Excellent investment.

Price: € 525.000



VILAMOURA - "GOLF COURSE"

Ref. V61582

Golf facing, exclusive residence with sweeping views of fairways and sea. Elegantly finished, marble bathrooms, exotic stone finishes. Air conditioning. Lavishly landscaped. Heated pool. Top quality furniture and equipment.

Price: € 2.400.000



VILAMOURA - MILLENNIUM

Ref. MB71859

New 4 bedroom villa directly facing 10th Hole Millennium Golf Course. 330 sq.m. Quality finishes. Sun terrace. Fitted kitchen. Air conditioning. Large basement w/ double garage, w/c, storage & 2 extra bedrooms. Excellent sea and golf views.

Price: € 690.000



VILAMOURA - MARINA

Ref. A71905

One bedroom apartment. 80sq.m. Prime location, beside the Marina and the beach. Complex w/ reception, pool, tennis court. Furnished and equipped. A/c. Private parking. Stunning panoramic Marina and sea views.

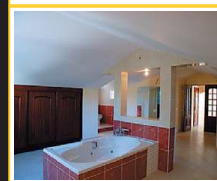
Price: € 290.000



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Three en suite bedrooms, plus stunning master bedroom with sea views, private terrace, Jacuzzi, high tech shower. New kitchen dining room, lounge with panoramic views, massive lower ground floor with wine cellar, bar, kitchen and private terrace. Suitable for TV/Cinema room, billiards etc. The party and entertaining floor without equal anywhere. Three floors, all served by lift, complete wheelchair accessibility throughout. The property has under-floor heating and air conditioning, comprising 500 square metres of living space, very private landscaped gardens of half an acre, swimming pool, totally fenced with electric gates and impressive entry drive. Situated just outside Almancil, near to the golf courses of Vale do Lobo, Quinta do Lago and Vilamoura. ----- €975,000 Euros

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Vilamoura

2 bedroom apartment overlooking the golf course with fully fitted modern kitchen, lounge/dining room leading to a large balcony, underground parking and communal swimming pool.

Price: €239,000 / £164,000 (Based on Ex Rate 1.45)



Vale Formoso / Almancil

Luxury 2 Bedroom "Fully Furnished" house on small condominium of only 12 villas within 5 mins drive of Quinta do Lago & Vale do Lobo beaches & golf courses. Also within walking distance of the Michelin star Henrique Leis and renowned 'A Quinta' restaurant. ***Great Value & Opportunity*** Price: €360,000 / £248,000 (Based on Ex Rate 1.45)



Vilamoura / Vila Sol

Beautiful 4 Bedroom / 4 Bathroom Luxury villa overlooking Vila Sol golf course and lake with air-conditioning, under-floor heating, private swimming pool surrounded by landscaped gardens.

Price: €1,575,000 / £1,086,000



Vilamoura

Attractive, well maintained detached 4 Bedroom villa only 2 minutes walk to the 'Old Village' The house has the benefit of double glazing, heating, air conditioning and garage. The pool is set in a beautiful terrace area with BBQ. Perfect for outdoor living.

Price: €595,000 / £410,000



Vilamoura

4/5 Bedroom detached villa with landscaped gardens, private BBQ courtyard, sun terrace and swimming pool. Located in a quiet residential area, this villa offers the perfect holiday home or permanent residence.

Price: €695,000 / £479,000



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Tavira

Great opportunity!! 320 sqm plot in quiet urbanization, for construction of a Villa...near all amenities and close to the beach...Excellent Price!!

Price: € 80.000,00
Ref.: MG-TER-0025
Call: 917 787 582



Tavira

Great opportunity!! Aprox. 1400 sqm plot near Tavira for construction of a Villa... Great sea views!! Price includes borehole & fencing!! (w/o fencing & borehole price drops to € 80.000,00).

Price: € 100.000,00
Ref.: CB-TER-0004
Call: 962 335 514



Fuzeta

FIRST LINE!! 2 bedroom apartment with breathtaking sea view. Balcony !! Rare opportunity!! Excellent price !! Great rental potential!!

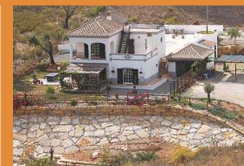
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Unique opportunity! Apartment building including one 1 bedroom apartment, one 2 bedroom apartment and a store on a commercial area!! Great rental potential!! Income source !!!

Price: € 450.000,00
Ref.: AO-EMP-0001
Call: 962 335 514



Tavira

7 bedroom Villa in a 4850 sqm plot, with swimming pool, garden, patio and garage. Great opportunity!

Price: € 655.000,00
Ref.: MG-VIV-0063
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East Algarve – Selected Properties in Tavira and Olhão



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Porches

Comfortable 3 bedroom villa w/ pool nearby all amenities. Spacious kitchen, under-floor heating, solar energy, ADSL, alarm system. Mains water, electricity & drainage. Covered area: approx. 215m2.

Ref: LHV-2094 Price: €499,500



Carvoeiro

Beautiful villa w/ pool and sea view. Spacious living/dining area, 3 bedrooms w/ en-suite, modern fully equipped kitchen, under floor heating, air-con, all amenities nearby. Main water, electricity & drainage. Cov. area: approx. 240m2.

Ref: LHV-2072 Price: €890,000



Portimão

Beautiful 3 bedroom villa w/ pool, sold furnished. Split-level living/ dining area, modern kitchen. Central heating & double glazing. Landscaped garden. Mains water, electricity & drainage. Cov. area: approx. 204m2.

Ref: LHV-2006 Price: €529,500



Portimão

Lovely 3 bedroom villa w/ modern kitchen, air-conditioning, mature garden w/ BBQ area. Communal pool, tennis courts & children play-ground. Close to all amenities. Mains utilities. Cov. area: approx. 132m2.

Ref: LHV-2079 Price: €329,000



Silves

Beautiful 6 bedroom Quinta w/ pool, spacious living room, dining room, TV room, fully equipped kitchen. Fenced & irrigated garden w/ BBQ, bar & fruit trees. Mains electricity, water from borehole. Sold fully furnished. Cov. area: approx. 290m2.

Ref: LHV 2092 Price: €970,000

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- Roof Terrace
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- Open Living/Dining Room
- Underground Parking
- Close to Meia Praia
- Golf Discounts
- Communal Swimming Pool

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Parque da Floresta

- Fractional Freehold
- 3 Bedroom, 3 Bathroom
- Wonderful Views
- Fully Furnished
- Golf Rights
- Private Swimming Pool

€240,000 Quarter Share



Parque da Floresta

- Fractional Freehold
- 2 Bedroom, 2 Bathroom
- Open Living/Dining Room
- Balconies
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- Communal Swimming Pool

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tioned four room master bedroom suite also with satellite TV, several other bedrooms, a library, sewing room, laundry room, study, workshop, garden room, storeroom etc. In total nearly 600 square metres of covered area. The office suite is air conditioned and fully wired with separate telephone, fax and ADSL broadband all networked to the adjoining office reception area. The holiday cottage offers a lounge/diner/kitchen and a double bedroom with en suite shower and toilet, a sun terrace and pool located outside the cottage door. The garden contains numerous fruit trees including oranges, lemons, grapefruit, apricots, figs, olives, almonds and carobs with an

irrigation system covering most of the grounds. This is a very comfortable property ready to move into, but still with enough scope left to put your own mark on it and all for only €895,000. For a more detailed colour brochure or to arrange to view please contact either Trevor on 917 010189 or Frances on 916 859898



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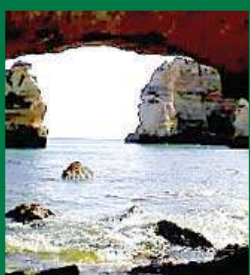


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Spruce up your garden furniture

Like any DIY job, thorough preparation is essential for a good finish. Start by washing any dirt and algae off the furniture with a stiff brush and warm, soapy water. This will enable you to see what kind of state it's really in.

If your furniture is painted and the paint is chipped, cracked or flaking off, you need to stabilise or remove the paint. Providing the damage isn't too bad, you can just sand the area affected to remove the loose paint.

Next, use a little wood filler (suitable for exterior use) to build up the area you've sanded to the same level as the rest of the paint. Once the filler's dry, sand flat, wipe clean and apply a new coat or coats of paint.

If your furniture is too badly damaged for this approach, you need to remove all the paint and get back to the bare wood for a really good end result. Remove as much loose paint as you can with a

scraper and then use a heat gun as well (the heat will soften and loosen the paint), or a chemical paint-stripping liquid or gel. This also softens the paint, but you'll probably need a few applications before it all lifts off.

Wire wool dipped in paint stripper can be useful for removing any ingrained paint. All stripping should be done outside, if possible, but especially if you're using chemical stripper, as this is highly toxic. If your furniture is varnished but the varnish is in a poor state, remove it in the same way as you would paint. In both cases, wash away all traces of the paint stripper according to the manufacturer's instructions.

Any holes or cracks in the wood should be filled with wood filler. If you're going to finish off with something like wood stain or varnish, use a filler of a similar colour to the timber, but if you're painting over it, you can use any colour filler, as long as it's suitable for exterior use.

Once the filler's dry, sand down the whole piece of furniture, then clean off with a vacuum cleaner.

When sanding, ensure you sand in the direction of the grain, especially if you're finishing off with a wood stain or varnish because these will emphasise any scratches in the grain.

When you're ready to apply the topcoat, it's easier to take the furniture into a well-ventilated shelter, such as a garage, because insects and air-blown debris will soon settle on it if it's left out in the open and will stick to the wet surface. Apply your topcoat following the manufacturer's instructions and allow plenty of time if doing more than one coat. The more coats you apply, the better the protection and the longer it will be before you need to do this again.

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€95,000
Carvoeiro - Lagoa

€875,000
Estombar - Lagoa

Excellent 1 bedroom apartment with sea view, in "Aldeia das Chaminés". This charming apartment with moush character is very well located a few minutes walk from downtown and beaches of the area.

5 bed villa, located in exclusive area only 2 minutes from Lagoa. 4 bedrooms, 4 bathrooms; living room with fireplace; dining area; kitchen with pantry; laundry area; big terrace; pool; BBQ; kennel and garage converted in an annex with one bedroom.

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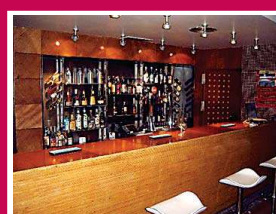
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Force your festive bulbs

I know it's far too early to be thinking about Christmas in the middle of summer, but if you want fragrant hyacinths in your house this festive season, start looking for prepared bulbs which should go on sale any time now.



Prepared bulbs will cost slightly more than the garden varieties because they have been heat-treated to prompt them into bloom earlier.

Don't touch the bulbs with bare hand as hyacinth dust can be a skin irritant. They should be planted in either bulb fibre, soil-based or soil-less compost, provided it has a good, open texture and is moisture retentive but free-draining. It is not necessary to use a fertiliser-rich growing medium or to feed.

Wet the fibre or compost first and place a layer in the bottom of the bowl or pot. It's best to plant each bulb in its own individual pot, around 1cm wider and deeper than the bulb, so their noses are just showing above the surface.

After planting, the bulbs need a dark and cool period to encourage the development of a good root system, so place them in somewhere like a cupboard under the stairs or the garage.

The pots can be put in a black polythene bag to keep out the light and should be checked regularly and watered if there are signs that the fibre or compost is drying out. Pots without drainage holes should be tipped on their sides for a while after watering to allow the excess to run out.

An alternative method is to place the bowls and pots in a cool, sunless situation outdoors, such as against a north-facing wall or fence. Then cover them with 15cm of bark or compost. There will be less risk of worms entering the containers if the containers are stood on a firm base, such as a slate.

When the shoots are 4-5cm long, the pots can be brought indoors and initially placed in a cool room away from bright light to allow the leaves to green up. Later, they can be moved close to a window in warmer surroundings. Do not stand them in a draught, close to a source of artificial heat or warm dry air, such as a shelf above a radiator.

If you have planted the bulbs individually, when the flowers start to open, collect all those which are at the same stage and place the pots up to their rims in a large container filled with moss, for an impressive display, and bring them into the house.

Hyacinths also prefer a humid atmosphere, so stand pots on shallow trays filled with gravel that is kept moist, but the water level is below the base of the pot.

If the leaves develop faster than the flower buds, move to a cooler place and cover again to keep them in dark for a day or two, but no longer as the leaves may begin to turn pale.

Bulbs for Christmas should be planted by the middle of September at the latest, or they may not flower in time.

If you want to plant the bulbs out in the garden after they have provided you with Christmas colour and scent, cut off the flowers when they die and feed the bulbs with a little liquid feed until the leaves begin to fade. Gradually dry off the bulbs and plant them out in the garden to enjoy in years to come.

Hannah Stephenson

Top tips

to perk up your pond

1. Put in some floating candles on warm summer evenings, preferably in holders which shelter the flame from the wind and stop it scorching nearby plants.
2. Trim back dying and dead foliage, particularly lily pads which die back naturally throughout the season, to tidy up the look of the pond.
3. Introduce some fish, if your pond is big enough, rule of thumb is 2.5cm of fish to 30cm of water surface. It also needs to be deep enough to maintain an ice-free place for them in winter. Check with your local aquatic centre for details.

What's in store

Now is a good time to be thinking of plants for our house and garden over the Christmas period and below are two suggestions.

Aloe arborescens is excellent in regions that do not suffer from frost and really adds colour to our Portuguese gardens. It looks like a many branched tree with sword shaped, very fleshy 60cm long, bright green succulent leaves produced in rosettes. During winter months each rosette produces a raceme of red flowers, many of the spikes up to thirty centimetres long. It is perfect in the hot, drier regions of Portugal as it does not require a large amount of supplementary watering. It is very slow growing unless given extra watering during the dry season, and fertiliser when it is in active growth and will eventually attain a height of between two and four metres with a spread of more than three metres. Grow in full sun in a well drained fertile soil. If temperatures drop below 5°C give it protection. This is a worthy taller succulent plant for the back of drier borders in the larger garden or for use as a feature plant when given some water during the dry season and fertiliser when it is actively growing and flowering.

The beautiful **Zygocactus truncatus**, Christmas Cactus is unlike the general idea of a cactus, as it has small hairy rudimentary spines at the base of each leaf-like growth. It is an epiphyte that grows on trees or in mossy crevices, getting most of its nourishment from decaying vegetation, just using the tree for support. Horticulturalists have produced plants with flowers that are white, brick red, scarlet, pink and all shades in between, besides the commonly seen, natural magenta. Well grown plants will flower profusely for three or more months during winter when occupying pots no more than 29 centimetres diameter. They need a well drained, rich soil mixture. When watering never keep it standing in water, soil should be moist and after flowering, dampened periodically until new growth appears. Usually seen as a houseplant it should never be kept in full sunlight as it comes from wooded areas, but it can be kept outside in a shady place during the non-flowering time.

Madge and John Measures

Three ways to...

add privacy to your vegetable garden

1. Make a summer screen by planting sunflowers, which will give around 2m of leaf cover in a single season.
2. Plant a block of sweetcorn, which will grow tall enough to hide you from prying eyes in late summer or early autumn.
3. If you want some secluded seating, place a bench under a screen of sunflowers.

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Out of Africa

Walking on the wild side with animal prints, leathers and natural materials is one of the hottest looks in interiors. We've hunted down some of the best homewares for that 'out of Africa' style.

Homeowners beware - it's a jungle out there, as interiors take a walk on the wild side.

But if you're brave and let zebras, tigers, and leopards stalk your rooms, you'll be echoing the hottest trend for the autumn.

Now's the time to capture this minimal ethnic style by echoing the influences, and flora and fauna, of Africa - as long as you don't think hippy, dippy travel finds.

This new look is much more sophisticated and design-conscious and emulates the up market settings in the famous film, *Out of Africa*.

So hunt for 'rare breeds' and exotic touches, like a glam two-tone animal print rug, some simple zebra print ceramics, faux leopard lighting and perhaps complement them with rich grained colonial-style furniture.

Karen Broderick, trend watch expert at Harveys, the furniture specialists, explains that it's not about trying to create Tarzan's hideaway, instead it's giving a cool, understated multicultural vibe.

She says: "Live Earth and the

eco revolution have got us all thinking about the world around us and this has translated into a hot back-to-nature trend.

"Woods, natural fabrics, natural prints and natural colours of stone, white, cream and green all help you bring the great outdoors inside."

But put your passport away, there's no need to ruin your green credentials by globe trotting in search of 'endangered' species. We've bagged some of the wildest furniture and accessories around (faux fur and fake effects of course), so that you can safely go on a shopping safari.

Warning: 'Wild' rooms may make you the envy of your friends, so watch out for style poachers.

Natural Habitat

Create the right habitat for your safari finds by using neutral colours as a backdrop or turn up the heat with more earthy shades like browns.

Caroline Clifton-Mogg, author of the *Colour Design Source Book* (Ryland Peters & Small) says: "Browns make up a wonderful colour group, linked to the natural world,

which is probably why we feel such an affinity for them.

"Warm browns work particularly well. Think of hide - tanned leather and butter-soft suede, of wood - polished maple and pine, of warm spices like cinnamon and nutmeg, and beans like coffee and cocoa."

If you opt for cool browns, "the camouflage colours, the colours of animal furs and pelts", these can have an element of black in them. They

also work well with cool greens.

Captive Furniture

Avoid cramming a room with African artefacts and heavy furniture. Instead try to give pieces space - think of the open landscape of the African plains with an animal dramatically silhouetted on the horizon - so that your safari stars are shown off to full effect.

Jungle View

Sunlight glimmering through blinds or shutters immediately conjures the feel of a colonial plantation in the tropics, no matter what the location.

Julie Bratton, of conservatory blind experts Thomas Sanderson, says: "A conservatory is a great place to create an African-themed room - instantly update the decor with a stylish, animal print rug and crisp pleated blinds, or revamp the whole space with pinoleum blinds for

a classic, colonial inspired feel that will transform the space into a fully functional and comfortable living area to be enjoyed in every season."

Walk on the Wild Side

Animal print rugs are one of the easiest ways of adding the look to your home, and they look brilliant on fashionable wood floors.

Gabrielle Fagan



Woods, natural fabrics, animal prints and natural colours of stone, white, cream and green all help you bring the great outdoors inside. (Photo: Press Association)

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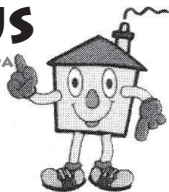
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Salad days

Salads are the stars of summer and nowadays there's a combination to suit every taste. We pick out two that are bursting with fresh, seasonal ingredients and are a world away from limp leaves and curly cucumber.

Gone are the days when key ingredients were simply lettuce and sliced tomato - now we have access to interesting ingredients from around the world and are just as willing to use noodles as a crisp lettuce as the basis for the dish.

Salads have even bigger plate appeal as we increasingly watch our waistlines, count our calories and check our cholesterol.

Going green is easy if you use Super Salads, a compact recipe guide to the meal, which demonstrates that this versatile dish can include a host of unexpected ingredients from duck and pheasant, to razor clams and roast lamb. Spanish, Italian, Chinese, Thai and British influences vie for attention, but the recipes are clearly organised into chapters by their main ingredients for easy

selection.

If you're worried about making dressings and your own mayonnaise, there are fuss-free methods to ensure you don't ruin your carefully created dish with gloppy, shop-bought concoctions.

We've picked out two salads that are a world away from limp leaves and curly cucumber.

Gabrielle Fagan



Seared Steak, Mango & Radish Salad.

Moroccan Chicken & Potato Salad

This makes a wonderful al fresco lunch and is great for a barbecue. Cook the chicken for 8-10 minutes and mix with the potato salad.

Ingredients (Serves six)
750g waxy new potatoes
1tbsp fresh lemon juice
6tbsp extra-virgin olive oil
2tbsp chopped fresh mint

2 red chillies, deseeded and finely chopped
120g spring onions, chopped
1tsp Spanish smoked paprika
4 large chicken breasts, skins



Moroccan Chicken & Potato Salad.

Seared Steak, Mango & Radish Salad

Ingredients (Serves two)
2 x 150g sirloin steaks
1tbsp vegetable oil
150g radishes
1 ripe mango
130g herb leaf salad
Salt and freshly ground black pepper

For the French dressing - which works well with anything from chicken and steaks to smoked fish, and mixed leaf salads:

1tbsp white-wine vinegar wholegrain or Dijon
1tsp mild mustard (such as A small pinch of sugar

removed and cut into wide strips
Salt and freshly ground black pepper

To prepare:

Cook the potatoes in boiling salted water for 12-15 minutes, until just tender. Drain well and quarter each potato. Put into a large bowl.

Whisk together the lemon juice, four tablespoons of oil, the mint and chillies. Season with salt and pepper. Pour over the potatoes then leave to cool. Stir in the spring onions.

Mix the remaining oil with the paprika. Add the chicken and mix well. Preheat the grill. Lay out the chicken on a foil-lined tray and cook under the grill for 8-10 minutes, turning once. Toss the chicken with the potato salad and serve.

super salads



Super Salads is published by Quadrille, priced £8.99/€13.25. Available from Sept.7.



Restaurante

One of the most beautiful restaurants in the Algarve. Nelita, a fantastic chef, serves wonderful dishes: duck breast with peaches or plums, many fillets (with sauces) flambéed at your table, Tournedos wrapped in bacon, Vegetarian dishes, cataplanas etc. Very good service. Lovely sea & country view from terrace.

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289 397 642
Open from 12pm to 11pm

3tbsp extra-virgin olive oil
Salt and freshly ground black pepper

Top prepare:

Trim and discard the fat from the sirloin steaks, then season and cut into thin strips. Heat the vegetable oil in a wok or large frying pan over a high heat. Add the beef, in batches, and stir fry for a few minutes until the meat is browned. Set aside on a plate lined with kitchen paper to cool slightly.

Slice the radishes; peel, stone and slice the mango. Put both into a large bowl and mix gently together. Add the beef and the salad leaves. Season, drizzle with French dressing and gently toss to serve.

To make the dressing:

Put the white-wine vinegar, mustard, sugar and some seasoning into a large bowl. Whisk until well emulsified.

Add the extra-virgin olive oil in a slow, steady stream, whisking all the time, until cloudy and slightly thickened.

The Blue Wave Beach Bar can be found at Cabanas Velhas Beach (between Burgau and Boca do Rio). Serving tasty sandwiches, various salads, fresh fish, house specialities, fish cataplana, chicken piri-iri and more! Combine your visit to the beach with a leisurely lunch and refreshing drink.

Mister Grilo Restaurant is a tricky place to find in Porches, but well worth the discovery. Not only well known to local residents, but also travellers from afar. The bar/waiting area is com-

Good health

Celebrities have been making a beeline for new provocatively named drink, Pussy. It may not sound that sophisticated, but it does have a pure and uplifting claim - that it clears the head and boosts energy. It contains super herbs including Guarana, Sarsaparilla, Ginkgo Biloba and Milk Thistle. The latter is renowned for its healing properties and helping to protect the liver from alcoholic toxins.

On the taste front the flavours of lychee, grenadilla with a mix of white grape juice lime juice and sparkling spring wa-



ter make it a refreshing and caffeine-free thirst quencher for summer nights. Those on the society party scene have been lapping it up at exclusive venues, mixed with gin. It should be heading to a bar or club near you in the next couple of months before going on sale in selected shops in the autumn.

fortable, often with an exhibition of local artists on display, and the Bistro dining room is painted with warm paint-washed walls with miniature palm trees and mosaic-tiled table-tops creating a lazy, sunny feeling as you sample the quite extensive menu. There are lovely sea and country views from the terrace, where you can try their delicious chicken 'cabidela' or octopus rice with coriander. A children's menu is available and there is live music on Thursdays.

Exquisitely-decorated with modern works of art, **Bistro des Z'Artes** restaurant in Almancil is co-owned by renowned chef Stanley Van Buren and Simon Visser Domus. Presentation is always of the highest level of professionalism, a must for Stanley, who believes that first impressions are most important as "food must look as good as it

tastes". Together they produce unique dishes such as: Peanut Butter Soup with Baked Banana and Yellow Curry Soup with Lemon Grass and Coconut Milk. Whether you are a meat or a fish person the menu offers something to satisfy even the most discerning connoisseur.

Restaurante O Monte is located at Quinta Velha Cabanas in Cabanas de Tavira and your hosts Louis and Debbie welcome you to their old, farmhouse-style eatery. Their international team of chefs offer a mixed cuisine of traditional roasts, creole and eastern dishes at very good value. The interior of the spacious restaurant is decorated in pink and lilac presenting a chic yet cosy atmosphere. There is a large terrace surrounded by beautiful gardens, where you can relax and enjoy your meal, served by their smart and helpful staff, who speak

Cheers!

If you're stuck for inspiration for cocktails why not delve into Gallo wine's new Little Book Of Cocktails. Their rose wines, with their evocative flavours of summer fruits and berries, and a generous helping of imagination, have been combined to create some fun drinks recipes.

Try Gallo Rose Sangria: fill half a two-litre jug with Gallo Family Vineyards White Zinfandel, top up with soda water, add strawberries, apple and orange slices or any other summer fruits.

French and Portuguese as well as English. Children have their own menu and you are advised to reserve your table rather than be disappointed.

Shanghai Chinese Restaurant offers excellent quality, and only fresh produce in all its delicious dishes from Shanghai. These regional dishes are not found in other Chinese restaurants. Your hosts Wen and Ying, along with their friendly staff give a fast and efficient service, which includes take-away. They will even prepare your favourite special Chinese dish! Just give them time to make it. However, you might like to try their Sizzling Prawns with ginger and onion or maybe Canton Spicy Duck, or how about their sweet Thailand Fried Rice. They are easy to find, on the Almancil road going to Vale do Lobo - look out for the fishpond in the front.



To check out more recipes go to: www.gallofamily.co.uk/enjoyingwine/coolcocktails. The recipes use Gallo Family Vine-

yards White Grenache and White Zinfandel, and the Shiraz Rose, available from most major supermarkets and independent retailers.

Restaurant guide

ALMANCIL

Bistro des Z'Artes

International Menu

Open: 12.00- 15.00 & from 7pm.

Closed: Mondays

Rua Calvario, 69, Almancil
Tel: 289 395 114 / 967 785 601

Shanghai Restaurant

Delicious dishes from Shanghai, China

Open: Daily 12.00-15.30 & 18.00-23.30

Rua do Comércio, 94 R/c, Almancil

Tel: 289 397 642

Don Toro Angus

Steakhouse

Steaks, gourmet burgers, fish grills & vegetarian

Open: Daily 18.00-23.00

Sítio das Escanxinas

504A, Almancil

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Mister Grilo

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Rua António Joaquim Cabrita, Nº7, Porches, Lagoa

Tel: 282 381 176 / 918 365 426

O Cantinho dos Italianos

Pasta dishes

Open: 12.00 - 15.00 and 18.00 - 23.00

Largo 25 de Abril, Nº 1, Pêra

Tel: 914 844 269

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Don Toro Angus

Steakhouse

Steaks, gourmet burgers,

fish grills & vegetarian

Open: Daily 12.00-15.00 & 18.00-23.00

Rua Lançarote de Freitas, 12, Lagos. (Opposite the Cultural Centre)

Tel: 282 767 234

A Taberna

À la carte menu with daily specialities

Open: 10.00 - 23.00

Quinta da Encosta Velha, next to Budens off the EN125

Tel: 282 690 505

A Florestal Restaurante

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Barão de S. João, Nr. Luz

Tel: 282 687 204

Dolce Vita

Pizzeria and International Menu

Open: 12.00 - 15.00 & 18.00 - 22.30

Rua Soeiro da Costa & Rua Lançarote de Freitas, Lagos

Tel: 282 768 466

O Beiral

International & Vegetarian menu - Italian specialities

Open: Tue - Sun 11.00 - 15.00 & 18.00 - 24.00

Closed: Mondays

Rua Dr. Guerreiro Tello, Barão de São João, Luz

Tel: 282 688 004 / 912 299 672

Maharaja Tandoori

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Rua Afonso D'Almeida, Nº27, Lagos

Tel: 282 768 083/960 453 376

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Open: Daily 10.00 - 2.00am

Rua Silva Lopes, 40/42 (In front of the Golden Chapel), Lagos.

Tel: 282 767 946

No Patio

International Restaurant

Open: Thurs-Sat. 18.30 - 21.30, Sun. 13.00-15.30

Rua Lançarote de Freitas, 46, Lagos

Tel: 282 763 777

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Beach bar

Open: 10.00 - 23.00

Cabanas Velhas between Burgau and Boca do Rio

Tel: 282 697 834

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Enjoying Life with your four legged friend



We thought that we would enlighten you as to some of the pastimes that are available for you and your dog to get involved in.

A lot of dogs thrive on getting involved in agility. This is something that you can try on a very basic level at home or you can go to classes. There are several classes run across the Algarve, where dogs and owners can get involved with jumps, tunnels and slalom poles. There will be a basic agility course at SCRUFFTS on Sunday 16th September at Fatacil, if you would like to try it. I think that I may have a go at this with my young Great Dane cross (Zoz), maybe he will learn how to co-ordinate his legs!

There is heelwork to music – the new craze in the UK. It looks amazing when performed by the professional handlers and dogs, but I think that I may have to leave that for now until Zoz has lost his 2 left paws! It could lead to some laughs trying! Note from Jan, that watching both a Bearded Collie and a PWD do this dancing reduced me to tears at Crufts!!

One thing that became popular in the UK last year, but has been popular in the USA for 30 years and in main-

land Europe for 10 years is FrisbeeDogz.

Basically it is dogs catching Frisbees. There are several different Frisbees available and it can offer great fun for everyone. Make sure that your dog is fully developed before playing this because jumping and catching a Frisbee requires the dog to land correctly, and your dog could injure itself if it is not fully developed.

I read recently about a sport called Dock Dogs in the USA and Jetty Dogs in the UK – don't know if it will catch on here but someone out there may be interested. This sport involves dogs doing a long jump off a jetty into a purpose built swimming pool – 40ft long and 4ft deep. The owners throw a toy into the water for the dog to collect and the judges measure the length of the jump, the longest jump wins.

At the end of the day, if these sound too extreme for you, there are plenty of fantastic toys around that will encourage play from your dog and interaction from you. It is important for all dogs to get exercise, difficult in the heat of the day but an hour's evening play will do wonders for your dog and your relationship with your dog I know how difficult it can be for some to devote playtime for your dogs. My dogs suffer immensely – I run a business full time, have two young children, a husband who works away, 3 cats, 3 dogs and am in the process of getting a house

Meow !



My six siblings were murdered at birth, but I was saved by a neighbour. Born on June 21st, I am a potty-trained, healthy boy. I'm also a charming, playful, sociable little rascal in desperate need of a safe home. If you let my foster parents, who live in Caldas da Rainha, but will drive far if needed to take me to you, I shall purr on your lap forever. Please call me on 262 824 022 and Helena or Adrian, my secretaries, will give me your message.

built – as well as researching and writing articles and learning Portuguese, but I have made a pact with my dogs that I will find time every day to play with them, especially Zozzy long legs! I have added a picture of the famous Zozzy Long Legs, he is the most wonderful, energetic gentle giant who needs constant love!!!

Look at what I have just found on the internet – only in America!

A dog surfing competition, held in California for the second year. The competition was won by Zoey the Jack Russell. Maybe we ought to start this on the west coast – any takers!

Protect your pets with knowledge

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Julie Pickering

lin from digging in dust, as he did while waiting his turn in the ring, is a challenge and until he becomes a sensible adult he will remain in his boots!! Actually, they both like to raise my blood pressure. Our drive is white stones, without fail after all that grooming, as I take them to the car they will both 'stand on their noses' along the stones and end up with white muzzles and noses. I think they do it for attention seeking – and boy does it get them attention!!

Well the show itself was absolutely exhausting for me as I seemed to spend all my time running around the ring with one or the other. But, it was all worthwhile as Cleo and Merlin did so well, their best ever. I went expecting nothing at all, as usual, but we came away with three

around the ring. I was absolutely amazed and excited that she won the Best Female PWD, Reserve was Agapita Da Estrela Do Mar with Paulo Meneses and third was Bela with Laura Browne. I must admit I had collapsed in a heap during the main judging of the boys but the winner was the wonderful dog belonging to Mario and Silvia Sousa Mendes. He then beat Cleo to become overall Best PWD in Show.

All in all a very good day and one I am still recovering from. We went on to spend the next 3 hours frightening the PWDs around the Fatacil with the crowds, balloons, bands and noise, they were actually very good so perhaps my perseverance and hard work is paying off. My Husband thinks I am quite mad to do all this 'socialization' but it will all be worthwhile in the end. I feel that to turn up on a Saturday at Crufts next March if they have never seen any crowds would be crazy, they would be completely terrified.

This coming weekend we are at Estoril and have our PWD Monográfica, a very special event. Last year at this show it was the first which Cleo and I had ever done. We were both hopeless, she was shivering and bolting away from anyone that came near her. I hope that we have learnt something in the last year, whilst I never expect to get anywhere, to just take place is worth the trip. Cleo and Merlin are off to Nuno on Friday for him to groom them ready for the show. Problem being I then have to keep them tidy through the shows until Sunday morning, quite a challenge.

Protect your pet with knowledge

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Fatacil Fun with Cleo and Merlin

Well, first I must apologise for perhaps giving people the wrong information in my last article. This was purely as I was using 'word of mouth', I had not seen the printed detail. However, the dog show on Sunday covered ALL Portuguese Breeds. The title in fact was 14th Concurso de Cães de Raças Portuguesas, but as I was not aware of this. So, sorry to anybody I may have misled in my innocence.



However, it has to be said that the show WAS overrun with Cão de Água Português — ahhhhhhhhh.

I spent my normal 4 and a half hours with Cleo and Merlin before the show. Cleo's coat is the worst I have ever owned! I brush her every day and comb her every couple of days, but her coat still 'matts' up so fast. It always takes me 3 hours to comb her out (with the aid of my wonderful products which do make the job easier) and half that for Merlin, obviously he is still in his puppy coat, it will get

worse. I usually groom them in the garden but find that they are so distracted by the slightest of interesting movement so as there was a gale blowing we retired to a bedroom on Sunday. In fact this was MUCH easier so I think this is the new regime. I had them to myself with nothing to bother them, not even fun loving Daddy, they were as good as gold.

As you all know I have been subjecting them both to 'frightening' situations with lots of people. Once we arrived at Fatacil they seemed quite calm about it all, which I am not convinced they would have been a couple of weeks ago. The BIG event being that the tails were further up than ever before — for a brief moment in the ring both tails got to where they should have been!!

Of course Merlin arrived in his boots, which always causes concern as people are convinced he has injured himself. I am sure everyone thinks I am mad but at the end of the day white legs should be just that, white legs, not dusty brown legs! Keeping Mer-

awards. Merlin is still in Junior and he won Best Junior PWD, then went back in to win Best Junior in Show as well. It was very touching as when he strutted in the ring for the first time a cheer went up, so Thankyou from him to his fans. It must be those white legs. As anyone who reads this page regularly knows, he is my rescue dog, he had the pedigree but was abandoned in the pet shop. In the 6 months I have been showing him he has won Best Puppy in all but one show, qualified for Crufts twice and now won two more awards. If he never does anything else that is enough for me, he was not a boy to be abandoned! Cleo started on this journey a year ago as a terrified, shaking girl. I have spent hours, many, many hours with her trying to overcome her fears, (fears founded before she came to me at 8 weeks old), and I am slowly improving her courage. She seemed to be 'on a high' on Sunday, she was leaping about, so much so the Judge sent us off for a second, more refined, walk

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North



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DAILY

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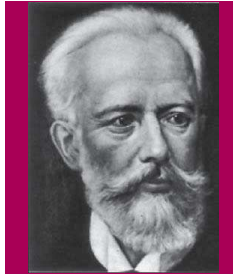
UNTIL 30 SEPTEMBER



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National Museum of Ancient Art (popularly known as Museu das Janelas Verdes) • Founded in 1884, the National Museum of Ancient Art is located near Tagus river & occupies the Counts of Alvor's palace, dating from the 18th century and the old convent of Stº Alberto which chapel is a fine example of Portuguese Baroque art and architecture • Tue: 14h-18h; Wed-Sun: 10h-13h/14h-18h (Closed Mon & holidays) • Rua das Janelas Verdes • 213912800 • Entr. €3 • www.mnarteantigaipmuseus.pt



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UNTIL 30 SEPTEMBER



Bodies Exhibition 'The Human Body as you have never seen before' • For information: 707234234 or 213466255 (Monday to Friday from 10h00 to 19h00) • or email ocorpohumano@energysplash.com • Palácio dos Condes do Restelo on Rua da Escola Politécnica, 42 - Príncipe Real • www.ocorpohumano.net

21,22 SEPTEMBER



D'un Soir un Jour - performed by the Dance Company Rosas with choreography by Teresa de Keersmaeker • 21h00 • Grand Auditorium of Belém Cultural Centre • Tickets: From €5 to €17,50 • Praça do Império • Tel: 213612400 • www.ccb.pt

UNTIL 30 SEPTEMBER



Sea Monsters exhibition - Oceanário de Lisboa reveals the mysteries of the seas • Do not miss this opportunity to learn more about the oceans in the time of the Dinosaurs • In the atrium of the Oceanário is a "true" marine monster, with more than 20 meters and 800kg, inviting visitors to the exhibition appealing to recycling and preserving the environment, one of the purposes of the exhibition in the ambience of one of Europe's biggest oceanariums • The Oceanário de Lisboa is situated in the Park of Nations • Open from 10h00 to 18h00 • 218917002 / 06

SINTRA

DAILY



Pena Palace • The Palace dates back to 1839 • Visits info: Sintra City Hall on Largo Dr. Vergílio Horta • 219238500 • geral@cm-sintra.pt

DAILY

Leal da Câmara Museum • Calçada da Rinchoa, 67, Rinchoa • Also has access through Algueirão Velho, Filares and Meleças • Tel: 219164303 • Fax: 219236150



ALBUFEIRA

DAILY

Municipal Archaeological Museum • The museum is situated on Praça da República, nº 1 • Open in the Summer from 14h00 to 20h00 (closed Mondays); the remainder of the year is open from 1030 to 16h30 (closed Mondays) • 289512258 • www.cm-albufeira.pt



FARO

18-26 AUGUST



FOLKFARO - International Folklore Festival City of Faro • Participating are Portugal, Venezuela, South Korea, Czech Republic, Costa Rica, Republic of Tatarstan and Buryat Republic • The event aims to celebrate peace through dance and song breaking barriers of race, belief or ideology • **FolkFaro** includes a large variety of activities throughout the city like open-air performances, gala shows in theatres, international parades, programmes for children and the elderly, dance workshops, etc. • Câmara Municipal de Faro, Rua do Município, 8000-398 Faro • Tel: 351 289 870870 • Fax: 351 289 802326 • E-mail: geral@cm-faro.pt • www.cm.faro.pt

LAGOA

16 SEPTEMBER

9th Scruffs Dog of the Year Show • FATACIL Showground • Organized by A.P.A.A., Apartado 101, Mexilhoeira Grande • Anyone or any company interested in sponsoring or taking a trade stand at the show are welcome to email for more information • scruffs2007@yahoo.co.uk



PORTIMÃO

UNTIL 19 AUGUST

Expo Vinhos (Expo Wines) • Wine in a summer's night is the proposal of the Expo Wines.



For beyond tasting the best wines, visitors have the opportunity to watch the shows that include different sounds like jazz, fado, African, Brazilian & Cuban music • Praia da Rocha's Areal • www.expovinhos.com

QUARTEIRA

30 AUGUST

Fireworks on the beach • 23h00



South



SANTANA DA SERRA

DAILY

Horse Riding and Walking at Equi-Serra • For more details or to book: 1 hour, 1, 2, 3 days, or 1 week rides, 938147718 • www.equiserra.com



SÃO B. MESSINES

SATURDAYS & WEDNESDAYS

Quinta da Bica Saturday Mornings & Wednesday afternoons • Livery, Lessons, Hacks & Horse Share for all ages and abilities • For more information, please call: 282332746 or 914795301 • quintadabica@hotmail.com

www.the-news.net

TAVIRA

31 AUG-1 SEP

III Torneio Internacional De Futsal (3rd Futsal International Tournament) • Pavilhão Desportivo Municipal da Luz de Tavira • The 'III Torneio Internacional de Futsal' is organized by Sonâmbulos Futebol Clube and sponsored by Câmara Municipal de Tavira • Competing in this tournament are the teams from Sonâmbulos F.C., S.L. Benfica, Belenenses FC and Melilla (Málaga-Espanha) • Tel: 289844191 • www.cm-tavira.pt



DAILY

Cachopo Museum • Centro Paroquial de Cachopo • Tel: 289844191 • www.cm-tavira.pt

Chamber Music

The Barlarento Quartet is performing chamber music organized by Fritz Moscher (Cello), who invited young German professionals to play in the Algarve. The programme contains Schubert and Bach: 25 August in São Brás de Alportel, Jardim Verdade, at 21:30h; 31 August in Alcantarilha, Capela das Artes, at 20h; 1 September in Boliqueime at Centro Comunitário, at 21:30h; 2 September in Messines, Palácio Nobre da Câmara, at 21:30h.



de Música de Câmara

25 Agosto'07 > 18h00
Fortaleza de Sagres

Alunos do 4º Workshop Internacional de Música de Câmara



Summer Jazz in Almancil • Every Sunday afternoon from 16h30 to 19h30 • free entrance to patio • Ermitage Terrace • For directions, please view: www.ermirage-algarve.com • Tel: 289355271



Ferragudo Festivities • Every Saturday & Sunday until 1st September • www.regiao-sul.pt

FATACIL grounds in Lagoa

22nd and 23rd September



EXHIBITIONS

Rifle Cabinet

Deva Veldman has been a contributor to Galeria Off the Wall in Alte since it opened last October. His quirky sense of fun is in all his work, and this new conversation piece made from an old Portuguese gun cabinet has to be seen to be believed! Come to the galeria

and see all the new art there is, on and off the wall! Visit www.offthewallgaleria.com or the gallery itself located on Rua de Novo Igreja in Alte, open from Monday to Friday from 10am to 5 pm. Call 289 478 027 for more information.



LIVE MUSIC

Fado with Joana Costa

Joana Costa pays homage to the 'Queen of Fado' Amália Rodrigues in this concert on August 31st. Naturally from the Ribatejo region, Joana has always shown an interest in

music, having taken part in the festival for Young Artists in Torres Novas annually, which led her to record her first album at the age of 9 years.

August 31st at Lagos Fortress from 10pm.

**Silver Coast**

Colour and Light - an Exhibition of oil paintings by MariAn Simpson showing at the Adamastor Restaurant and Gallery in Foz do Arelho from 2nd September to 29th September 2007. MariAn's work is inspired by the lagoon, the sea and by the wonderful old town of Óbidos. Her current catalogue of light filled oil paintings featuring local

scenes can be seen at the spacious and beautifully situated Adamastor restaurant and gallery housed in an attractive pink building above the beach in Foz do Arelho.

The Adamastor is open from 11am to 3pm and from 7pm to 11pm.

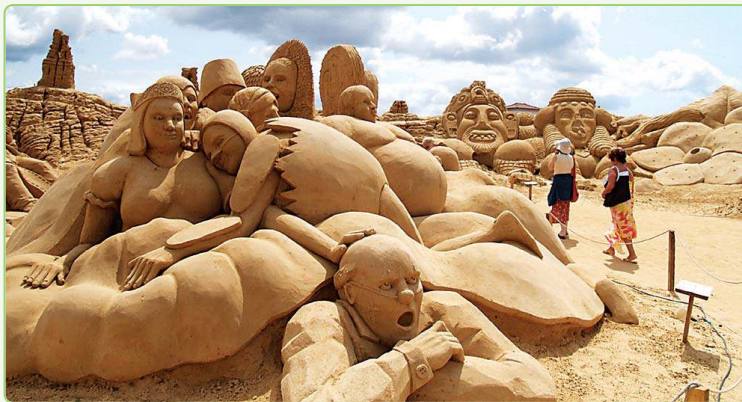
For more details call MariAn on 936 762 777 or the Adamastor on 262 978 003.

**Get in free to FIESA today only!**

FIESA organizers are having a national percussion day on Au-

gust 25th from 7pm. Like every previous year, this event has

been held and attracted dozens of people to the sand art arena, and



this year organizers are hoping more people will take part. Those attending on the day with a percussion instrument in their possessions will go in free, and in return, will take part in the percussion festival, which will be followed by Traditional African Ballet performance under the direction of Pedro Tomás 'Petchu'.

FIESA is in its 5th edition, located in Pêra in an 15,000m2 area with over 35,000 tones worth of sand made into the worlds most famous wonders. Already the event has received 20% more visitors compared to last year's event.

August 25th from 7pm, Pêra.

BOOK REVIEW

Random Acts of Heroic Love

By Danny Scheinmann, is published in hardback by Doubleday.

Two stories with a similar theme are interwoven through this engrossing novel. They appear unrelated, other than the fact that both feature men who are struggling to come to terms with a lost love, until, in the final few pages, a surprising link

is revealed by the author.

In the early 1990s, Leo is travelling through south America with Eleni. The pair are deeply in love and incredibly happy. So when Eleni is killed in a freak accident, Leo falls to pieces in a most dramatic fashion.

As he strives to cope with his overwhelming grief, Leo en-

counters the enigmatic Roberto, a physicist like no other, whose offbeat advice helps Leo to see a light at the end of the tunnel. And things take a strange turn when Leo's father - who has always been a quiet and rather distant figure in his son's life - begins to show another side.

Meanwhile, in 1917, Moritz Danieli is embroiled in the Great War and remembering earlier and happier times in the Polish village where he was born and brought up. His happiest memories are of Lotte, the girl he idolises and hopes one day to marry.

As Moritz faces the carnage of the battlefield and cheats death on several occasions, it is Lotte who keeps him sane. And when he is taken as a prisoner of war, only thoughts of Lotte's lovely face keep him optimistic while all around him are plunged into despair.

So it is that, fortified by his undying love for Lotte, Moritz escapes - and begins an epic 3,000km trek across the Siberian wastes to be reunited with the woman he loves.

It is an incredible and extremely moving story which, close to death and wanting to pass on his story to the next generation, Moritz tells to his son.

I won't spoil the finale, but suffice to say it is one that will bring a tear to the eye of even the most cynical of readers.

Both stories are beautifully written and well plotted, and they are woven together with great skill. An impressive debut by an author to watch.

Sandra Mangan

DVD REVIEW

Mr Bean's Holiday

Lady Luck smiles on Mr Bean (Atkinson) when he wins a dream holiday to Cannes in his local church raffle. With his tiny suitcase packed, Mr Bean ventures boldly into the French capital, arriving at the Gare du Nord via Eurostar.

From the moment he steps off the train, digital camera in hand, chaos spreads throughout Paris. Bean eventually boards the express train to the south coast, but not before separating award-winning Russian film director Emil Duchevesky (Roden) from his 10-year-old son Stepan (Baldry). Taking charge of the situation, as only Mr Bean can, the Englishman tries to help Stepan reunite with his father, while winning the heart of pretty actress Sabine (de Caunes), whose film is set to premiere at the Cannes Film Festival. The plot of the sequel, co-written by Robin Driscoll and Hamish McColl, is a hook on which to dangle the usual array of set pieces, such as Bean busking by donning a cardigan as a headdress for a tearful opera rendition. Some of the running gags, like Bean's mistaken belief that the French word for 'thank you' is 'gracias', aren't funny the first time, let alone the third or fourth.

Atkinson maintains a look of bemusement throughout, while de Caunes is luminous and newcomer Baldry isn't too win-some.

DVD Extras: none stated.

Rating: ***

Damon Smith



RANDOM ACTS OF HEROIC LOVE

Danny Scheinmann

Events on these pages are published in good faith and in accordance with information given to us. We regret that we cannot accept responsibility for events which are cancelled, delayed or fail to live up to their billing. Send your events to copy@the-news.net

FAIRS



9th Horse Fair at Estoi Fair Park on August 31st from 7pm.



Jesus Christ Superstar

The show opened on 12 October 1971 at the Mark Hellinger Theatre, New York and was the first musical by Rice and Lloyd Webber to be produced on the professional stage. The recording of the score of the show with Ian Gillan (Jesus), Murray Head (Judas) and Yvonne Elliman (Mary Magdalen) topped the American album charts three times. The production opened in London on 9 August 1972 with Paul Nicholas (Jesus), Stephen Tate

(Judas) and Dana Gillespie (Mary Magdalen). By the time it closed, after some eight years and 3,358 performances, it had become the longest running musical in West End history. Jesus Christ Superstar has been reproduced regularly, around the world, in the 20 years since its first appearance.

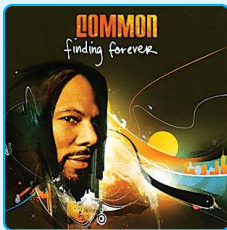
Until **September 16th** from 5pm at the Rivoli Municipal Theatre in Oporto. Tickets €15 - €35.

SHOWS

HIT, MISS OR MAYBE?

Common - Finding Forever

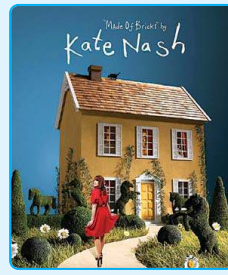
Finding Forever is Common's seventh long-player and finds the 35-year-old rapper in enthusiastic mood. With Kanye West in production duties, the album looks set to open up the drive-time airwaves that have so far eluded him. Drive Me Wild features, bewilderingly, Lily Allen, and elsewhere the strains of familiar, if rather safe samples (Paul Simon, Stevie Wonder) help the



rhymes along with some recognisable melodies.

Kate Nash - Made of Bricks

Seeing as she's still riding high at No 2 in the charts, and the release of this album was brought forward by a month due to popular demand, 2007 is definitely shaping up to be Kate Nash's year. There's no sign of that abating thanks to this batch of songs. Foundations, Merry Happy and Mariella are among the standouts, all told with dry wit and a twinkle in the eye.



Banho 29 - Lagos

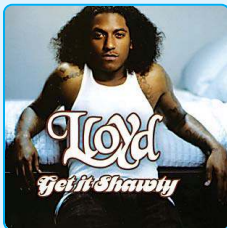
The traditional 'Banho 29' (bathing 29th) held every year on August 29th on the Meia Praia beach in Lagos is one of the Algarvean events of the summer. This event is a mix of folklore and ritual that locals feel they must attend, and every year the amount of people attending this event grows continually. The concept is simple - live traditional Portuguese music, good food, good company and swim wear. This year will see Toy woo the female crowd with his traditional Portuguese music from 10pm, swim wear competition and fire works at 12am.

August 29th, Meia Praia from 9pm.

PARTYS

Lloyd - Get It Shawty

Barely out of his teens, Lloyd is one of America's hottest urban talents after his breakthrough single 'Yo', featuring Lil' Wayne. His new album entered the US charts at No 2, and now it looks like he's ready to take over the UK. There's no new ground being broken here, but it's smooth, summery and the video's full of writhing,



bootylicious women. How can it fail?

Goldspot - Friday

You can certainly understand why this song was made Record of the Week on Radio 2 recently - it's melodic, inoffensive and about as edgy as a Satsuma. That said, it's hard to knock something as well-crafted as this, and the sentiment - it's about loving Fridays - is one we surely all agree with.



COMING SOON

BOX OFFICE

COMING SOON

SEPTEMBER
You Should Go Ahead - September 1st at Carvalhal. Further info TBA.
Xavier Rudd - September 1st at Lisbon Coliseum from 9.30pm. Tickets: €20.
GNR, The Gift, Boss AC, Blasted Mechanism, DJ Henrique Amaro, Dezperados - September 7th at Pavilhão Atlântico in

Lisbon. Further info TBA.
Joanna - September 8th at Lisbon Coliseum from 10pm. Tickets: €15 to €40.
Massive Attack + Peeping Tom - September 17th at Lisbon Coliseum from 9pm. Tickets: €33. September 18th at Oporto Coliseum from 9pm. Tickets: €25 - €35.
The Police - September 25th at Oeiras Nacional stadium. Tickets:

€55 to €95.
Pedro Abrunhoso & Bandemónio - September 27th at Estoril Casino from 22.30pm. Entrance is free.
OCTOBER
Mafalda Veiga & João Pedro Pais October 26th & 27th - Lisbon Coliseum from 10pm. Tickets: €17.5 - €40.
Rod Stewart - October 7th at Estoril Casino. Further info TBA.
Patti Smith - October 28th at Lisbon

LIVE CONCERTS

Coliseum. Tickets: €25 - €30.
NOVEMBER
Interpol - November 7th at Lisbon Coliseum from 9pm. Tickets: €25 - €28.
Da Weasel - November 10th at Lisbon Pavilhão Atlântico. Tickets: €15 - €25.
Marilyn Manson - November 19th at Lisbon Pavilhão Atlântico from 8.30pm. Tickets: €25 - €30.

MUSIC FESTIVALS

SEPTEMBER
Festa do Avante! - September 7th until 9th at Quinta da Atalaia in Amora. Sep 7th: Andarilhos. Sep 8th: Sexteto Mário Berreiros. Further info TBA. Tickets: €18 - €25.
Caos Emergente Open-Air Fest - September 7th until 9th at Paredes (Recarei) Margends do Rio Sousa. Sep 7th - Mata-Ratos+ Maglianant Tumour, Web, Altas de Giallo, Distrofia. Sep 8th - Dead Infection, Aborded, Decayed, Holocausto Canibal, Disaffected, Psychofagist, The Ransack, Alcolocaust. Sep 9th - Benediction, Leng Tch'e, Sacred Sin, In The Umbra, God, Pitch Black, Goldenpyre.

SEPTEMBER
Quórum Ballet - After 10 years working abroad, the dancing couple Daniel Cardoso and Theresa da Silva Cardoso returned to Portugal in 2005 with several ex Ballet Gulbenkian dancers, and have since been working on dance projects. See them on September 1st at Faro Teatro das Figuras from 10pm. Tickets: €12 - €16.
Portugal Moto GP - Motorbike competition where professionals such as Valentino Rossi and Dani Pedrosa fight for the MotoGP title. September 14th - 16th at Estoril Autódromo. Tickets: €20 to €100. Children under

10 go free.
OCTOBER
The Great Beijing Acrobat Circus - Founded in October 1950, this acrobat piece has travel the world. October 26th - 27th at Lisbon Coliseum. October 31st - November 1st Oporto Coliseum. Tickets: €10 - €30.
NOVEMBER
Sleeping Beauty Ballet - This show has been described as representing a 'Ballet Symphony'. November 22nd - 24th at Lisbon Coliseum dos Recreios. November 27th Oporto Coliseum. Tickets: €12.50 - €37.50.
Bugs Bunny on Ice - 'Around the World in 80 Minutes Show' is a show

LIVE SHOWS

based on the bestseller by Júlio Verne. See all of your favourite Looney Tunes characters such as Bugs, Daffy Duck, Tweety, Sylvester, Speedy Gonzales, Granny and the Tasmanian Devil on ice. November 1st - 11th at Lisbon's Campo Pequeno. Tickets: €15 - €40.
DECEMBER
Noddy Live - Noddy is returning to Portugal for a Christmas special on December 8th and 9th with daily sessions at 11am 3.30pm and 7.30pm on December 8th. Minimum age of 3.

Advertise your company on the radio!

Algarve

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Rádio Atlântico Sul 104 Lagos

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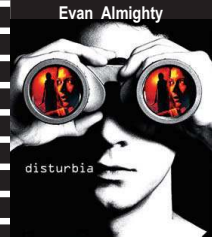
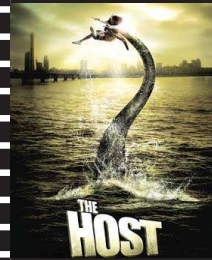
Rua Frei Joaquim de Loulé, 25

8100-579 Loulé

Tel.: 289 414 000 • Fax: 289 412 400



TICKETS: Most tickets are available at FNAC outlets across the country, ATM machines, Abreu agencies, El Corte Inglés, Casa Viola, Ticketline or at the event itself on the night. Websites: www.pavilhaoatlantico.pt; www.ticketline.pt | Phone numbers: 21 891 84 09 (Pavilhão Atlântico); 707 234 324 (Ticketline); 213 240 580 (Lisbon Coliseum)



ALGARVE

SBC
FORUM ALGARVE
TEL: 289 887 212
23 AUG-29 AUG



1 The Last Legion
Colin Firth, Ben Kingsley
14.40-17.10-19.35-22.10-00.40
Shrek the Third
Animation PV
(10.10-12.25 Sat & Sun)
2 The Simpsons Movie
Animation OV
(11.10 Sat & Sun) 15.35-17.50
Disturbia
Shia LaBeouf, David Morse
13.10-22.00-00.25
3 Evan Almighty
Steve Carell, Morgan Freeman
(10.50 Sat & Sun) 13.00-15.10-17.20-19.30-21.40-23.50
4 License to Wed
Robin Williams, Mandy Moore
(10.50 Sat & Sun) 13.05-15.10-17.15-21.50-00.10
5 Ratatouille
Animation OV
(11.30 Sat & Sun) 14.00-16.30-19.00-21.30-00.00
6 Ratatouille
Animation PV
(11.30 Sat & Sun) 14.00-16.30-19.00-21.55
The Host
Song Kang-ho, Ko Ah-sung
00.20
7 Mr. Brooks
Kevin Costner, Demi Moore
16.00-18.40-21.20-00.05
The Simpsons Movie
Animation PV
(11.40 Sat & Sun) 13.50
8 Harry Potter and the Order of the Phoenix
Daniel Radcliffe, Emma Watson
(11.50 Sat & Sun) 14.50
Hostel: Part II
Lauren German, Roger Bart
17.50-20.05-22.20-00.30
9 Surf's Up
Animation PV
(11.20 Sat & Sun) 13.45
Georgia Rule
Jane Fonda, Lindsay Lohan
15.50-18.35-21.10-23.45

CASTELLO LOPES CINEMAS
PORTIMÃO
TEL: 707 220 220
23 AUG-29 AUG



1 Ratatouille
Animation PV
13.25-15.55-18.30-21.10-23.45
2 Mr. Brooks
Kevin Costner, Demi Moore
13.20-15.50-18.25-21.20-23.55
3 Evan Almighty
Steve Carell, Morgan Freeman
13.30-15.40-17.50-19.55-22.00-00.10
4 Surf's Up
Animation PV
13.40-15.35-17.35-19.35
The Simpsons Movie
Animation OV
21.50-00.20
5 The Last Legion
Colin Firth, Ben Kingsley
13.45-16.10-18.40-21.40-00.15
6 License to Wed
Robin Williams, Mandy Moore
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CASTELLO LOPES CINEMAS
ALGARVESHOPPING
TEL: 707 220 220
23 AUG-29 AUG



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Lauren German, Roger Bart
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LUSOMUNDO
VILAMOURA
TEL: 289 302 277
23 AUG-29 AUG



Ratatouille
Animation PV
15.30-18.30
Evan Almighty
Steve Carell, Morgan Freeman
21.30-00.00

CASTELLO LOPES CINEMAS
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23 AUG-29 AUG



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Lauren German, Roger Bart
14.10-16.30-19.20-22.00-00.30

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VILAMOURA
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23 AUG-29 AUG

Ratatouille
Animation PV
15.30-18.30
Evan Almighty
Steve Carell, Morgan Freeman
21.30-00.00

CENTRE
LUSOMUNDO
ALMADA FORUM
TEL: 707 246362
23 AUG-29 AUG

Mr. Brooks
Kevin Costner, Demi Moore
License to Wed
Robin Williams, Mandy Moore
Ratatouille
Animation OV & PV
The Simpsons Movie
Animation OV
Shrek the Third
Animation PV
Die Hard 4.0
Bruce Willis, Justin Long
I Could Never be your Woman
Michelle Pfeiffer, Paul Rudd
Turistas
Josh Duhamel, Melissa George
The Last Legion
Colin Firth, Ben Kingsley
Evan Almighty
Steve Carell, Morgan Freeman
Harry Potter and the Order of the Phoenix
Daniel Radcliffe, Emma Watson
Transformers
Josh Duhamel, Tyrese Gibson
Hostel: Part II
Lauren German, Roger Bart
Surf's Up
Animation OV & PV
I Could Never be your Woman
Michelle Pfeiffer, Paul Rudd
Disturbia
Shia LaBeouf, David Morse

MILLENNIUM
ALVALÁXIA
TEL: 21 754 9000
23 AUG-29 AUG



1 Hostel: Part II
Lauren German, Roger Bart
2 Mr. Brooks
Kevin Costner, Demi Moore

3 Ratatouille
Animation OV
4 License to Wed
Robin Williams, Mandy Moore
5 The Simpsons Movie
Animation OV
6 Ratatouille
Animation PV
Ocean's Thirteen
George Clooney, Brad Pitt
7 Turistas
Josh Duhamel, Melissa George
8 The Last Legion
Colin Firth, Ben Kingsley
9 Georgia Rule
Jane Fonda, Lindsay Lohan
I Could Never be your Woman
Michelle Pfeiffer, Paul Rudd
10 Surf's Up
Animation PV
Evan Almighty
Steve Carell, Morgan Freeman
11 Van Wilder 2: The Rise of the Taj
Kal Penn, Lauren Cohan
The Simpsons Movie
Animation PV
The Host
Song Kang-ho, Ko Ah-sung
12 The Hoax
Richard Gere, Alfred Molina
Disturbia
Shia LaBeouf, David Morse
13 Harry Potter and the Order of the Phoenix
Daniel Radcliffe, Emma Watson
14 Death Proof
Kurt Russell, Rosario Dawson
15 Pirates of the Caribbean: At World's End
Johnny Depp, Orlando Bloom
16 Transformers
Josh Duhamel, Tyrese Gibson

LUSOMUNDO
AMOREIRAS
TEL: 707 246362
23 AUG-29 AUG

Ratatouille
Animation OV & PV
License to Wed
Robin Williams, Mandy Moore
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Ratatouille
Animation PV
The Simpsons Movie
Animation OV
The Last Legion
Colin Firth, Ben Kingsley
Evan Almighty
Steve Carell, Morgan Freeman
Mr. Brooks
Kevin Costner, Demi Moore
License to Wed
Robin Williams, Mandy Moore
Surf's Up
Animation OV & PV
Georgia Rule
Jane Fonda, Lindsay Lohan
Turistas
Josh Duhamel, Melissa George

LUSOMUNDO
FORUM MONTIJO
TEL: 707 246362
23 AUG-29 AUG

Ratatouille
Animation PV
Disturbia
Shia LaBeouf, David Morse
License to Wed
Robin Williams, Mandy Moore

LUSOMUNDO
COLOMBO
TEL: 707 246362
23 AUG-29 AUG

Evan Almighty
Steve Carell, Morgan Freeman
Transformers
Josh Duhamel, Tyrese Gibson
Georgia Rule
Jane Fonda, Lindsay Lohan
The Last Legion
Colin Firth, Ben Kingsley
License to Wed
Robin Williams, Mandy Moore
Ratatouille
Animation OV & PV
Disturbia
Shia LaBeouf, David Morse
Turistas
Josh Duhamel, Melissa George
Hostel: Part II
Lauren German, Roger Bart
Surf's Up
Animation PV
The Simpsons Movie
Animation OV
Mr. Brooks
Kevin Costner, Demi Moore

LUSOMUNDO
DOLCE VITA MIRAFLORES
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Ratatouille
Animation PV
Cash
Anubhav Sinha
Disturbia
Shia LaBeouf, David Morse
Surf's Up
Animation PV
Alpha Dog
Emile Hirsch, Justin Timberlake

UCI CINEMAS
EL CORTE INGLÉS
TEL: 707 23 22 21
23 AUG-29 AUG

1 Surf's Up
Animation OV & PV
Harry Potter and the Order of the Phoenix
Daniel Radcliffe, Emma Watson
2 Disturbia
Shia LaBeouf, David Morse
3 The Hoax
Richard Gere, Alfred Molina
4 Hostel: Part II
Lauren German, Roger Bart
5 The Last Legion
Colin Firth, Ben Kingsley
6 Ratatouille
Animation PV
The Host
Song Kang-ho, Ko Ah-sung
7 Evan Almighty
Steve Carell, Morgan Freeman
8 I Could Never be your Woman
Michelle Pfeiffer, Paul Rudd
9 License to Wed
Robin Williams, Mandy Moore
10 The Simpsons Movie
Animation OV
11 Death Proof
Kurt Russell, Rosario Dawson
12 Mr. Brooks
Kevin Costner, Demi Moore
13 Ratatouille
Animation OV
14 Georgia Rule
Jane Fonda, Lindsay Lohan

LUSOMUNDO
FORUM MONTIJO
TEL: 707 246362
23 AUG-29 AUG

Ratatouille
Animation PV
Disturbia
Shia LaBeouf, David Morse
License to Wed
Robin Williams, Mandy Moore

Surf's Up
Animation PV
Georgia Rule
Jane Fonda, Lindsay Lohan
The Last Legion
Colin Firth, Ben Kingsley
Evan Almighty
Steve Carell, Morgan Freeman
Turistas
Josh Duhamel, Melissa George

LUSOMUNDO
ODIVELAS PARQUE
TEL: 707 246362
23 AUG-29 AUG

Ratatouille
Animation OV & PV
Disturbia
Shia LaBeouf, David Morse
Evan Almighty
Steve Carell, Morgan Freeman
License to Wed
Robin Williams, Mandy Moore
Mr. Brooks
Kevin Costner, Demi Moore
The Last Legion
Colin Firth, Ben Kingsley
Surf's Up
Animation PV
Georgia Rule
Jane Fonda, Lindsay Lohan

LUSOMUNDO
OEIRAS PARQUE
TEL: 707 246362
23 AUG-29 AUG

The Last Legion
Colin Firth, Ben Kingsley
License to Wed
Robin Williams, Mandy Moore
Evan Almighty
Steve Carell, Morgan Freeman
The Simpsons Movie
Animation OV
Ratatouille
Animation PV
Disturbia
Shia LaBeouf, David Morse
Mr. Brooks
Kevin Costner, Demi Moore
Surf's Up
Animation PV
Georgia Rule
Jane Fonda, Lindsay Lohan

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Surf's Up
Animation PV
Death Proof
Kurt Russell, Rosario Dawson
Harry Potter and the Order of the Phoenix
Daniel Radcliffe, Emma Watson
Shrek the Third
Animation PV
Bordertown
Jennifer Lopez, Antonio Banderas
The Simpsons Movie
Animation PV
Bug
Ashley Judd, Michael Shannon

LUSOMUNDO
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TEL: 707 246362
23 AUG-29 AUG

Disturbia
Shia LaBeouf, David Morse
Turistas
Josh Duhamel, Melissa George
Surf's Up
Animation PV
Die Hard 4.0
Bruce Willis, Justin Long
License to Wed
Robin Williams, Mandy Moore
Ratatouille
Animation PV
Meet the Robinsons
Animation PV 3D
The Simpsons Movie
Animation OV
The Last Legion
Colin Firth, Ben Kingsley
Mr. Brooks
Kevin Costner, Demi Moore
Evan Almighty
Steve Carell, Morgan Freeman
Georgia Rule
Jane Fonda, Lindsay Lohan

OV = Original Version
PV = Portuguese Version

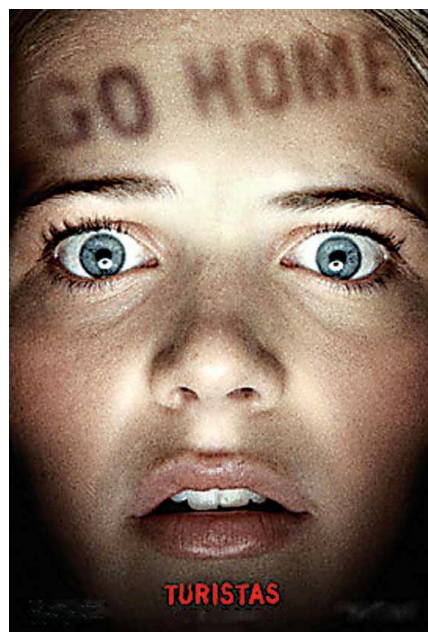




"The summer I was eight years old, five hours disappeared from my life. Five hours, lost, gone without a trace..." These are the words of Brian Lackey (Brady Corbet), a troubled 18 year old, growing up in the stiflingly small town of Hutchinson, Kansas. Plagued by nightmares, Brian believes that he may have been the victim of an alien abduction. Local Neil McCormick (Joseph Gordon-Levitt) however, is the ultimate beautiful outsider. With a loving but promiscuous mother (Elisabeth Shue), Neil is wise beyond his years and curious about his developing sexuality, having found what he perceived to be love from his Little League baseball coach (Bill Sage) at a very early age. Now, ten years later, Neil is a teenage hustler, nonchalant about the dangerous path his life is taking. Neil's pursuit of love leads him to New York City, while Brian's voyage of self discovery leads him to Neil who helps him to unlock the dark secrets of their past. Based on the acclaimed novel by Scott Heim, *Mysterious Skin* explores the hearts and minds of two very different boys who come to find the key to their future happiness lies in the exorcism of their collective demons.



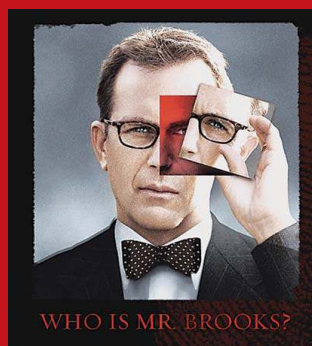
Newly engaged Ben Murphy (John Krasinski) and his fiancée, Sadie Jones (Mandy Moore), plan to live happily ever after. The problem is that Sadie's family church, St. Augustine's, is run by Reverend Frank (Robin Williams), who won't bless Ben and Sadie's union until they pass his patented, "foolproof" marriage-prep course. Consisting of outrageous classes, outlandish homework assignments and some outright invasion of privacy, Reverend Frank's rigorous curriculum puts Ben and Sadie's relationship to the test.



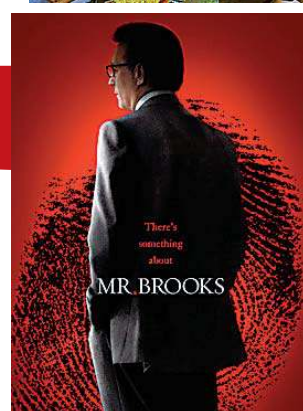
Alex Trubittan (Josh Duhamel) is accompanying his sister Bea (Olivia Wilde) and her best friend Amy for their first time abroad. After enduring a harrowing bus crash which strands them in what seems to be the middle of nowhere, the three and their travelling companions follow a track through the woods and find a hidden paradisiacal beach with a cabana bar. They decide to stay in the place drinking beer and dancing funk. It is everything their vacation is supposed to be,



until they wake up face down in the sand the following morning, drugged and robbed, their possessions gone, and the feeling of danger in the air.



The story follows a man with a murderous alter ego and a tough detective whose devotion to her craft catches the attention and respect of the serial killer she is hunting, which leads to a symbiotic relationship.



Consider Mr. Earl Brooks (Kevin Costner) a successful businessman, a generous philanthropist, a loving father and devoted husband. Seemingly, he is perfect. But Mr. Brooks has a secret, he is an insatiable serial killer, so lethally clever that no one has ever suspected him, until now. Earl Brooks is a man who has managed to keep his two incompatible worlds from intersecting by controlling his cunning, wicked alter ego. But now, as Mr. Brooks succumbs to one last murderous urge, an

amateur photographer witnesses the crime. Suddenly, Brooks finds himself entangled in the dark agenda of an opportunistic bystander, as well as hunted by the unorthodox and tenacious detective Tracy Atwood (Demi Moore). The question is, can Mr. Brooks outsmart his adversaries and conceal his shocking double life from his wife (Marg Helgenberger) and daughter Jane (Danielle Panabaker), or will someone expose his crimes and his identity once and for all.

CELEB NEWS

Harry Potter And The Order Of The Phoenix and *Spider-Man 3* have been nominated for a host of prizes at Britain's inaugural National Movie Awards. U.K. TV network ITV is launching the new awards show following the success of their National Television Awards. Both events invite the public to vote for winners. **Keira Knightley** (*Pirates Of The Caribbean: At World's End*), **Kirsten Dunst** (*Spider-Man 3*), **Emma Watson** (*Harry Potter*), **Megan Fox** (*Transformers*), **Eva Green** and **Dame Judi Dench** (*Casino Royale*) are up for the Best Actress at the September 28 London ceremony. **Bruce Willis** (*Live Free Or Die Hard*), **Daniel Craig** (*Casino Royale*), **Shia LaBeouf** (*Transformers*), **Tobey Maguire** (*Spider-Man 3*), **Johnny Depp** and **Orlando Bloom** (*Pirates Of The Caribbean: At World's End*), **Rupert Grint** and **Daniel Radcliffe** (*Harry Potter*) are fighting for the Best Actor trophy. Meanwhile *Flushed Away*, *Happy Feet*, *Shrek The Third* and *The Simpsons Movie* have been nominated for Best Animation. «»» U.S. property tycoon **Donald Trump** is desperate to reunite **Britney Spears**, **Lindsay Lohan** and **Paris Hilton** on a celebrity version of *The Apprentice*. The businessman is keen to give the trio an entrepreneurial chance on the hit TV show, insisting the experience would be "a positive thing for them to do" - and concedes socialite Hilton has already been in contact with show executives to secure a place on the series. He tells the New York Post, "We're negotiating with Britney right now. Can you imagine her doing it? We're not sure what will happen. She's a f**king mess. And that little reality show she had did nothing. But she likes the idea of being on television and I think she'd be great. (Hilton) wants to be on, and we're thinking about it, but I don't know if we're going to do it. (Lohan is) another f**king mess. We haven't asked her yet, but I'm going to call her this week. It would a positive thing for her to do... for all of them." «»» TV stars including **America Ferrara**, **Jennifer Morrison** and **Jesse Spencer** helped raise over \$200,000 for AIDS research in Los Angeles on Saturday. The Hot In Hollywood event, which was held at the Henry Fonda Theater and was hosted by *My Name Is Earl* star **Jaime Pressly**, saw the actors take part in a variety show that included auctions. *Ugly Betty* star **America Ferrara** bid \$35,000 for a Toyota Prius hybrid car. She says, "I already drive a hybrid Highlander, so now I have two hybrids." Elsewhere, *House* co-stars **Spencer** and **Morrison** attended together, despite last week announcing they'd called off their engagement. **Spencer** bid \$6,000 for *Elvis Presley* and *The Rolling Stones* memorabilia, while **Morrison** spent \$7,000 on a lithograph of *Marilyn Monroe* by *Andy Warhol*. Other highlights included *Ugly Betty* stars **Michael Urie** and **Becki Newton** singing "You Don't Bring Me Flowers" dressed as Neil Diamond and Barbra Streisand. «»» **Gwyneth Paltrow** was less-than-pleased to discover she was in Chicago, Illinois at the same time as her ex-boyfriend **Brad Pitt** and his girlfriend **Angelina Jolie** on Friday - because their presence drastically increased the number of paparazzi. Paltrow was in the city to promote her new perfume and was staying at The Peninsula Chicago, the same hotel as Pitt and Jolie are currently residing in while Jolie shoots scenes for her upcoming movie *Wanted*. As a result, Paltrow found herself dodging more photographers than she'd expected. She says, "When Brad and Angelina leave, won't they (the paparazzi) go too? Don't you think they sort of blow in and out with the celebs?" «»»

NORTH

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23 AUG-29 AUG



- 1 **Ratatouille**
Animation OV
- 2 **Evan Almighty**
Steve Carell, Morgan Freeman
- 3 **Die Hard 4.0**
Bruce Willis, Justin Long
- 4 **Hostel: Part II**
Lauren German, Roger Bart
- 5 **Surf's Up**
Animation PV
- 6 **The Host**
Song Kang-ho, Ko Ah-sung
- 7 **Shrek The Third**
Animation OV & PV
- 8 **Ocean's Thirteen**
George Clooney, Brad Pitt
- 9 **I Could Never be your Woman**
Michelle Pfeiffer, Paul Rudd
- 10 **Harry Potter and the Order of the Phoenix**
Daniel Radcliffe, Emma Watson
- 11 **Georgia Rule**
Jane Fonda, Lindsay Lohan
- 12 **The Simpsons Movie**
Animation OV
- 13 **The Last Legion**
Colin Firth, Ben Kingsley
- 14 **Turistas**
Josh Duhamel, Melissa George
- 15 **Death Proof**
Kurt Russell, Rosario Dawson
- 16 **Ratatouille**
Animation PV
- 17 **License to Wed**
Robin Williams, Mandy Moore
- 18 **The Hoax**
Richard Gere, Alfred Molina
- 19 **Transformers**
Josh Duhamel, Tyrese Gibson
- 20 **The Condemned**
Steve Austin, Vinnie Jones
- 21 **Disturbia**
Shia LaBeouf, David Morse
- 22 **Mr. Brooks**
Kevin Costner, Demi Moore

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TEL: 707 246362
23 AUG-29 AUG

- Ratatouille**
Animation OV & PV
Mr. Brooks
Kevin Costner, Demi Moore
Evan Almighty
Steve Carell, Morgan Freeman
License to Wed
Robin Williams, Mandy Moore
Hostel: Part II
Lauren German, Roger Bart
Surf's Up
Animation PV
Harry Potter and the Order of the Phoenix
Daniel Radcliffe, Emma Watson
Disturbia
Shia LaBeouf, David Morse
Georgia Rule
Jane Fonda, Lindsay Lohan
The Simpsons Movie
Animation OV



OV = Original
Version
PV = Portuguese
Version

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23 AUG-29 AUG



- Ratatouille**
Animation PV
Georgia Rule
Jane Fonda, Lindsay Lohan
Surf's Up
Animation
The Hoax
Richard Gere, Alfred Molina
Hostel: Part II
Lauren German, Roger Bart
Disturbia
Shia LaBeouf, David Morse
Evan Almighty
Steve Carell, Morgan Freeman
The Simpsons Movie
Animation PV
I Could Never be your Woman
Michelle Pfeiffer, Paul Rudd

LUSOMUNDO
DOLCE VITA PORTO
TEL: 707 246362
23 AUG-29 AUG

- License to Wed**
Robin Williams, Mandy Moore
Evan Almighty
Steve Carell, Morgan Freeman
Ratatouille
Animation
The Simpsons Movie
Animation OV
The Last Legion
Colin Firth, Ben Kingsley
Mr. Brooks
Kevin Costner, Demi Moore
Surf's Up
Animation
Georgia Rule
Jane Fonda, Lindsay Lohan
Turistas
Josh Duhamel, Melissa George

LUSOMUNDO
FERRARA PLAZA
TEL: 707 246362
23 AUG-29 AUG

- Surf's Up**
Animation PV
Van Wilder 2: The Rise of the Taj
Kal Penn, Lauren Cohan
Mr. Brooks
Kevin Costner, Demi Moore
Ratatouille
Animation PV
Disturbia
Shia LaBeouf, David Morse
Evan Almighty
Steve Carell, Morgan Freeman
I Could Never be your Woman
Michelle Pfeiffer, Paul Rudd

LUSOMUNDO
FORUM AVEIRO
TEL: 707 246362
23 AUG-29 AUG

- Disturbia**
Shia LaBeouf, David Morse
The Simpsons Movie
Animation PV
The Hoax
Richard Gere, Alfred Molina
Death Proof
Kurt Russell, Rosario Dawson
Mr. Brooks
Kevin Costner, Demi Moore
Harry Potter and the Order of the Phoenix
Daniel Radcliffe, Emma Watson
Bug
Ashley Judd, Michael Shannon
I Could Never be your Woman
Michelle Pfeiffer, Paul Rudd
Ratatouille
Animation PV

LUSOMUNDO
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TEL: 707 246362
23 AUG-29 AUG

- The Simpsons Movie**
Animation PV
Alpha Dog
Emile Hirsch, Justin Timberlake
Harry Potter and the Order of the Phoenix
Daniel Radcliffe, Emma Watson
Shrek The Third
Animation PV

Transformers
Josh Duhamel, Tyrese Gibson
The Hoax
Richard Gere, Alfred Molina
Ratatouille
Animation PV
The Last Legion
Colin Firth, Ben Kingsley

LUSOMUNDO
FORUM VISEU
TEL: 707 246362
23 AUG-29 AUG

- The Hoax**
Richard Gere, Alfred Molina
The Last Legion
Colin Firth, Ben Kingsley
Ratatouille
Animation PV
The Simpsons Movie
Animation PV
I Could Never be your Woman
Michelle Pfeiffer, Paul Rudd
Surf's Up
Animation PV
Disturbia
Shia LaBeouf, David Morse
Evan Almighty
Steve Carell, Morgan Freeman

LUSOMUNDO
FORUM VIZELA
TEL: 707 246362
23 AUG-29 AUG

- Ratatouille**
Animation PV
I Could Never be your Woman
Michelle Pfeiffer, Paul Rudd
Bug
Ashley Judd, Michael Shannon

LUSOMUNDO
FOZ PLAZA
TEL: 707 246362
23 AUG-29 AUG

- Surf's Up**
Animation PV
Van Wilder 2: The Rise of the Taj
Kal Penn, Lauren Cohan
Mr. Brooks
Kevin Costner, Demi Moore
Ratatouille
Animation PV
Evan Almighty
Steve Carell, Morgan Freeman
I Could Never be your Woman
Michelle Pfeiffer, Paul Rudd

LUSOMUNDO
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23 AUG-29 AUG

- Surf's Up**
Animation PV
Georgia Rule
Jane Fonda, Lindsay Lohan
Turistas
Josh Duhamel, Melissa George
License to Wed
Robin Williams, Mandy Moore
Ratatouille
Animation OV & PV
Mr. Brooks
Kevin Costner, Demi Moore
The Simpsons Movie
Animation OV
Shrek The Third
Animation PV
The Last Legion
Colin Firth, Ben Kingsley
Evan Almighty
Steve Carell, Morgan Freeman

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23 AUG-29 AUG

- Hostel: Part II**
Lauren German, Roger Bart
Surf's Up
Animation PV
Harry Potter and the Order of the Phoenix
Daniel Radcliffe, Emma Watson
The Last Legion
Colin Firth, Ben Kingsley

The Simpsons Movie
Animation OV
I Could Never be your Woman
Michelle Pfeiffer, Paul Rudd
License to Wed
Robin Williams, Mandy Moore
Evan Almighty
Steve Carell, Morgan Freeman

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- Ratatouille**
Animation OV & PV
Evan Almighty
Steve Carell, Morgan Freeman
Surf's Up
Animation PV
Transformers
Josh Duhamel, Tyrese Gibson
The Host
Song Kang-ho, Ko Ah-sung
The Simpsons Movie
Animation PV
Die Hard 4.0
Bruce Willis, Justin Long
Harry Potter and the Order of the Phoenix
Daniel Radcliffe, Emma Watson
I Could Never be your Woman
Michelle Pfeiffer, Paul Rudd
Disturbia
Shia LaBeouf, David Morse
Alpha Dog
Emile Hirsch, Justin Timberlake
The Last Legion
Colin Firth, Ben Kingsley

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TEL: 707 246362
23 AUG-29 AUG

- Hostel: Part II**
Lauren German, Roger Bart
Evan Almighty
Steve Carell, Morgan Freeman
License to Wed
Robin Williams, Mandy Moore
The Simpsons Movie
Animation OV
Surf's Up
Animation PV
Georgia Rule
Jane Fonda, Lindsay Lohan
Turistas
Josh Duhamel, Melissa George
Mr. Brooks
Kevin Costner, Demi Moore
Ratatouille
Animation PV
Disturbia
Shia LaBeouf, David Morse

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TEL: 707 246362
23 AUG-29 AUG

- Evan Almighty**
Steve Carell, Morgan Freeman
License to Wed
Robin Williams, Mandy Moore
Ratatouille
Animation OV & PV
Mr. Brooks
Kevin Costner, Demi Moore
Hostel: Part II
Lauren German, Roger Bart
The Last Legion
Colin Firth, Ben Kingsley
I Could Never be your Woman
Michelle Pfeiffer, Paul Rudd
Disturbia
Shia LaBeouf, David Morse
The Simpsons Movie
Animation OV & PV
Surf's Up
Animation PV
Harry Potter and the Order of the Phoenix
Daniel Radcliffe, Emma Watson
The Host
Song Kang-ho, Ko Ah-sung

OV =
Original
Version
PV =
Portuguese
Version



BBC1

6.00 Breakfast. (T) 10.00 Saturday Kitchen Best Bites. (T) 11.00 World Athletics Championships. Further live coverage from the opening day in Osaka. (T) 12.00 BBC News; Weather. (T) 12.10 Football Focus. (T) 1.00 World Athletics Championships. The conclusion of the first day in Osaka. (T) 2.30 Live Rugby League. St Helens v Catalans Dragons (Kick-off 3.00pm). (T)

5.00 Final Score. Round-up of results. Digital viewers can access extended coverage on the interactive service. (T)

5.20 BBC News; Regional News; Weather. (T) 5.40 Outtake TV. Anne Robinson presents a selection of bloopers, proving that even the most professional of presenters can get it wrong. (R) Edinburgh Military Tattoo 2007. Coverage of the prestigious event. (T)

7.10 School's Out. Danny Wallace hosts the quiz based on subjects taught at school. Guests putting their knowledge to the test and hoping to avoid detention are presenter Matt Allwright, EastEnders actress Laurie Brett and actor James Fleet. (T)

7.45 The National Lottery: 1 vs 100. Dermot O'Leary hosts the quiz in which one contestant takes on 100 opponents in a bid to win a big-money prize. Includes the National Lottery draws. (T)

8.30 DanceX. The contest reaches its climax as Arlene Phillips and Bruno Tonioli see their groups go head to head in the final show. Chasing their dream of a record deal and the chance to support Rihanna on her nationwide tour, the rival teams will be pushing their dance and vocal skills to the limit to secure the all-important viewers' vote. Rihanna herself will be performing before the result is announced. Ben Shephard hosts. (T)

9.45 The Vicar of Dibley. Geraldine rockets to stardom following an appearance on Terry Wogan's radio show, but finds her newly found fame something of a bugbear. Meanwhile, the Dibley Gala organisers prepare for a knock-out performance. Comedy capers, starring Dawn French and Gary Wadsworth. (R) (T)

10.15 BBC News; Weather; (T) National Lottery Update.

10.30 Match of the Day. Gary Lineker introduces highlights of this afternoon's Premier League matches, including Arsenal v Manchester City, as the big-spending visitors continue live under former England coach Sven-Göran Eriksson. Plus, action from Portsmouth's trip to Stamford Bridge to face Chelsea, and Derby County against fellow new boys Birmingham City at Pride Park. (T)

11.50 World Athletics Championships. Highlights of the first day. (T)

12.00 FILM: Assault on Precinct 13 (1976). Urban thriller, starring Darwin Joston. (T) 1.50 World Athletics Championships. The second day gets under way in Osaka; (T) Weatherview. 4.40 BBC News 24. (T)



BBC2

6.00 CBeebies: 6.00 Teletubbies; (R) (T) CBeebies Birthdays. (T) 6.30 Balamory. (R) (T) 6.50 Step Inside. (R) (T) 7.00 CBBC: Dogstar. (R) (T) 7.25 The Batman. (R) (T) 7.45 Dennis the Menace; (R) (T) Baffink. (R) (T) 8.15 ChuckleVision. (R) (T) 8.30 The Story of Tracy Beaker. (R) (T) 9.00 The Sorcerer's Apprentice. (R) (T) 9.30 The Slammer. (R) (T) 10.00 Beat the Boss. (R) (T) 10.25 The Story of Tracy Beaker. (R) (T) 10.55 Do Something Different. (T) 11.25 What's New Scooby-Doo? (R) (T) 11.45 Sportsround. (T) 12.00 World Athletics Championships. Live coverage of day one from Osaka. (T) 1.00 Animal Park. (R) (T) 2.00 FILM: The Quatermass Experiment (1955). Sci-fi thriller. Brian Donlevy stars. (T) (bw) 3.20 FILM: Doctor Who and the Daleks (1965). Sci-fi adventure, starring Peter Cushing. (T) 4.40 Live International Rugby Union. Scotland v South Africa (Kick-off 5.00pm). (T) 7.10 BBC Proms 2007. Nicholas Owen is at the Royal Albert Hall to introduce the Royal Concertgebouw Orchestra's performances of music by Wagner and Debussy, conducted by Bernard Haitink. (T) 9.15 British Film Forever. The history of the best horror and fantasy films produced in the UK, including classics such as Dracula, The Curse of Frankenstein, Brazil and The Wicker Man. (T) 10.45 FILM: Witchfinder General (1968). Horror melodrama, starring Vincent Price. (T) 12.10 Tribe. Bruce Parry visits the Matis people of the Amazon rainforest. (R) (T) 1.10 Reading and Leeds Festival. (T) 2.10 Arrested Development. (R) (T) 2.30 How I Met Your Mother. (R) (T) 2.55 Close.

Pick of the Day

Law & Order: Special Victims Unit (five, 10.15pm)

When Law & Order debuted in 1990, many American critics thought it would be just another drama. How wrong they were. For newcomers, the New York-based show follows a crime from two different perspectives - the police's investigation, and the prosecution in court. That gripping formula helped it become one of the longest-running series of its type on US TV, inspiring several spin-offs, including this one. In the latest offering, the body of a newborn baby is found in a sewer, so detectives Benson and Stabler hope a pregnant woman named Brianna Morris will be able to help with their enquiries. However, matters take a more disturbing turn when she is also found dead. It transpires the late woman had promised to give up her baby to Ron and Kelly Woolcott. They were thrilled about the adoption, but then Ron discovered Brianna was planning to keep the baby. However, the couple are soon ruled out as suspects. The department's new big cheese Casey Novak soon gets on the team's nerves by second guessing everything they do. Eventually, the crime-busters get a lead when they search Brianna's apartment and find a book by dermatologist Dr Archibald Newlands. It turns out the late woman was obsessed with his work, but could he have been the child's father? Christopher Meloni and Mariska Hargitay head the cast.

C4

6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Goalissimo. (R) (T) 8.00 The Morning Line. (T) 8.55 T4: Big Brother's Little Brother. (T) 9.25 T4: Friends. (R) (T) 9.55 T4: Boardmasters 2007. (R) 10.30 T4: Friends. (R) (T) 11.00 T4: Big Brother. (R) (T) 12.00 T4: Big Brother. (R) (T) 12.30 T4: Friends. (R) (T) 1.00 T4: Charmed. (R) (T) 2.00 Channel 4 Racing from Goodwood, Newmarket and Beverley. Including the 3.10 tatesport Celebration Mile (1m). (T) 4.00 Red Bull Air Race 2007. (T) 5.05 FILM: The Desert Fox (1951). War-time drama, starring James Mason. (R) (bw) 6.40 Channel 4 News. (T) 7.15 Deadliest Catch. The crews face a race against the clock to catch as much crab as possible before the midnight deadline, which marks the end of the season. (T) 8.15 Terror on Crocodile Island. The Alive strand concludes with the story of five friends who were left fighting for their lives when their boat was struck by a hippo on a remote river in Africa. Last in series. (T) 9.15 FILM: Little Nicky (2000). When the Devil's two oldest sons cause havoc on Earth, the Prince of Darkness relies on the youngest member of the clan to save the day. Side-splitting comedy, starring Adam Sandler. (T) 10.50 The Secret Policeman's Ball. (R) (T) 12.30 Big Brother Live. 3.45 4Music: Festival Postcards: V Festival. (R) (T) 4.00 The Bernie Mac Show. (R) (T) 4.25 Full Metal Challenge. (R) (T) 5.25 Countdown. (R) (T)

FIVE

6.00 Sunrise. 7.00 Milkshake!: Hi-5. (R) (T) 7.30 Sailor Sid. (R) (T) 7.35 Rupert Bear. (R) (T) 7.50 Make Way for Noddy. (R) (T) 8.10 Harry and His Bucket Full of Dinosaurs. (R) (T) 8.25 The Book of Pooh. (R) (T) 8.55 Roobarb and Custard Too. (R) (T) 9.05 Peppa Pig. (R) (T) 9.15 Fifi and the Flowertots. (R) (T) 9.30 Jane and the Dragon. (R) (T) 10.00 Monster Moves. (R) (T) 11.00 David Beckham's Soccer USA. (R) (T) 11.50 FILM: Holiday in Your Heart (1997). Biography of country singer LeAnn Rimes. (T) 1.35 FILM: Columbo: The Greenhouse Jungle (1972). Crime drama, starring Peter Falk. (T) 3.10 FILM: Murder at the Gallop (1963). Mystery, starring Margaret Rutherford. (T) (bw) 4.40 FILM: Danielle Steel's Secrets (1991). Glossy drama, starring Stephanie Beacham. (T) 6.30 FILM: The Duke (1999). An aristocrat is forced to defend his wealth from relatives determined to get rich at his expense, helped only by a brave butler. Children's comedy, starring James Doonan. (T) 8.05 five news and sport. (T) 8.20 NCIS. An officer is shot dead on an open road and when it's discovered he led a secret double life the team believe they are close to solving it. But new evidence throws the investigation off course. (R) (T) 9.15 CSI: Crime Scene Investigation. The team look into the disappearance of two boys and Grissom has to enlist the help of a paedophile in an attempt to find them before it is too late. Drama, starring William Petersen. (R) (T) 10.15 Law & Order: Special Victims Unit. (T) 11.15 Criminal Minds. (R) (T) 12.15 Quiz Call. 5.35 Wildlife SOS. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. 9.25 CITV: Horrid Henry. (R) (T) 9.40 Planet Sketch. (T) 9.55 Shuriken School. (R) (T) 10.25 The Glibet Boys. (R) (T) 10.55 SpongeBob SquarePants. (R) (T) 11.10 The Amazing Adrenalini Brothers. (R) (T) 11.20 ITV News and Weather. (T) 11.25 London Today. Weather. (T) 11.30 F1: Turkish Grand Prix Qualifying. Live coverage from Istanbul. (T) 1.15 The Goodwood Film of Speed. (T) 2.15 FILM: MacArthur (1977). War-time drama, with Gregory Peck. (T) 4.40 Agatha Christie's Poirot. (R) (T)

5.40 London Tonight; Weather. (T) 5.55 ITV News and Sport; Weather. (T) 6.10 Animals Do the Funniest Things. Stephen Mulhern dons his safari gear and sets out in search of a white rhino, sharing a selection of amusing animal stories with viewers along the way. Among the tales featured are a penguin that refuses to leave the pub, a Japanese boy band comprising walrus and whales, and a horse that enjoys watching TV. Plus, adverts and camcorder clips featuring furry, feathered and finned creatures in comedic situations. (T)

7.10 All-New You've Been Framed! Narrator Harry Hill celebrates the programme's 400th episode by showcasing home-video howlers including a dog playing the drums and an elephant slipping on a banana skin. (T)

7.40 The X Factor. The audition tour reaches Birmingham and Cardiff, where Simon Cowell, Louis Walsh, Sharon Osbourne and Dannii Minogue prepare to make or break the dreams of another batch of aspiring pop stars. Presenter Dermot O'Leary offers the hopefuls words of support and provides a shoulder to cry on for those who fail to meet the judges' exacting standards. (T)

8.40 Who Wants to Be a Millionaire? Celebrity. Chris Tarrant invites more pairs of famous faces to play the big-money quiz for charity. Actress Jenny Seagrove takes the hot-seat with theatre impresario and Any Dream Will Do? judge Bill Kenwright, before GMTV's Kate Garraway teams up with her psychotherapist husband Derek Draper to have a go at winning the cash. Newsreader Kay Burley and presenter Eamonn Holmes complete the line-up. (T)

9.40 The Truth About Boy Bands. Conclusion. Narrator Emma Bunton explores how Take That's 1996 split affected the music industry, opening the door for scores of groups eager to take their place at the top of the charts. Nineties stars including Boyzone's Shane Lynch and East 17's Brian Harvey discuss the pitfalls of life in the public eye, while Ronan Keating and the Backstreet Boys' AJ McLean talk about industry pressure to keep their love lives under wraps. (T)

10.40 ITV News and Weather; Weather. (T) 10.55 FILM: Jaws: The Revenge (1987). Marine adventure, starring Michael Caine. (T)

12.30 Make Your Play; (T) ITV News Headlines. 4.10 Antiques Auction. (R) (T) 4.30 Antiques Auction. (R) (T) 5.00 ITV Nightscreen.

LOCAL

RTP1
0630 Primeira Comigo 0830 Diário de Sofia 0900 A Grande Migração dos Grus 1000 Zona Húmidas Selvagens 1100 Mudar de Vida 1130 factor M 1300 News 1410 Top + 1530 Ciclismo: Tour of Frande 1630 Film TBA 1845 O Preço Certo 1945 A Voz do Cidadão 2000 News 0400 A Hora da Sorte 0415 Teleales

RTP2
0700 Euronews 0900 África 7 Dias 0930 Notícias de Portugal 1030 Animals Como Nós 1115 Placo: Jennifer Loez, Christina Aguilera 1300 The Simpsons 1300 entre Pratos 1400 ParlaMontes 1500 Desporto 2 1900 Filo 1930 Indisciplinas 2000 National geographic 2030 Diário de Sofia 2100 Balança e Contrás 2145 A Hora da Sorte 2200 News 2240 Film TBA 0130 Vidas 0300 Sport 0600 Euronews

SIC
0700 Sic Kids 0845 Disney Kids 1200 Our world 1300 News 1400 Extase 1500 Ugly Betty 1700 Film TBA 2100 News 2200 Paraíso Tropical 2245 Amazônia 2330 Vingança 0330 Alien Hunter, film 0315 Ouando o Telefone Toca

TVI
0700 Childen TV 0900 Morangos com Açúcar 1045 O Bando dos Quatro 1215 Deluxe 1300 News 1400 Os Escolhidos 1600 Film TBA1800 Film TBA 2115 Ilha dos Amores 2215 Doce Fugitiva 2315 Tu e Eu 0015 Film TBA 0230 Kojak 0330 Dawsons Creek 0430 O Protector

Best of the Rest

BBC3
7.00 Reading and Leeds Festival 8.15 Top Gear 9.15 The Real Hustle 9.45 Dance Xtra 10.15 Reading and Leeds Festival 11.30 Reading and Leeds Festival 1.10 Two Pints of Lager and a Packet of Crisps 1.40 Two Pints of Lager and a Packet of Crisps 2.10 Reading and Leeds Festival 3.10 The Real Hustle 3.40 Two Pints of Lager and a Packet of Crisps 4.10 Two Pints of Lager and a Packet of Crisps 4.40 Close

BBC4
7.00 Primate Primers 7.10 100 Years of Wildlife Films 9.10 Wildlife Special 10.10 Film: Head-On 18 (2004) 12.05 Gorillas Revisited 1.05 Mark Lawson Talks to David Attenborough 2.05 100 Years of Wildlife Films 4.05 Close

ITV2
2.35 Holiday Showdown 3.40 Cruises Undercover 4.45 Who Wants to Be a Millionaire? Celebrity 5.45 Australian Princess 6.45 The Planet's Funniest Animals 7.10 Kasabian: Summer Series 7.40 Nanny 911 8.40 The Xtra Factor 9.40 Jack Osbourne - Adrenaline Junkie 10.40 Film: Back to the Future PG (1985) 12.55 The X Factor 1.55 The Xtra Factor 2.50 Make Your Play: ITV Play 3.35 Emmerdale 6.00 Close

Sky One
1.00 Star Trek: The Next Generation 2.00 Star Trek: The Next Generation 3.00 Brainiac: Science Abuse 4.00 Relic Hunter 5.00 Relic

Hunter 6.00 Futurama 6.30 Futurama 7.00 The Simpsons 7.30 The Simpsons 8.00 Lost 9.00 Bones 10.00 Cold Case 11.00 Road Wars 12.00 Final Days of Planet Earth 1.00 Final Days of Planet Earth 1.50 Star Trek: The Next Generation 3.30 Pop Years 4.20 Vroom Vroom 5.10 Taste

UKTV Gold
1.20 Keeping Up Appearances 2.00 Last of the Summer Wine 2.40 Last of the Summer Wine 3.20 Last of the Summer Wine 4.00 Doctor Who 5.00 One Foot in the Grave 5.40 One Foot in the Grave 6.20 One Foot in the Grave 7.00 My Family 7.40 My Family 8.20 My Family 9.00 Film: Sister Act 2: Back in the Habit PG (1993) 11.10 Film: The Long Riders 18 (1980) 1.05 Miss Marple 3.00 Charlie's Angels 3.50 Charlie's Angels 4.40 My Hero 5.15 Baywatch

TCM
1.00 The Petrified Forest PG (1936) 2.25 Jerry Schilling on Elvis 3.00 Stay Away, Joe U (1968) 4.55 Arsenic and Old Lace PG (1944) 7.00 There's a Girl in My Soup 15 (1970) 9.00 Presumed Innocent 18 (1990) 11.25 Lenny 15 (1974) 1.20 Sitting Target 15 (1972) 2.50 Teleshopping 3.05 Operation Crossbow PG (1965)

The Disney Channel
Kids' programmes from 7am, except: 4.00 Film: Johnny Kapahala: Back on Board (2007) Comedy sequel, starring Brandon Baker.

MOVIES

Sky Movies Drama

7.10 Wilder Days PG (2003) 8.55 Flight 93 12 (2006) 10.40 Nurses on the Line: The Crash of Flight 7 PG (1993) 12.25 Wilder Days PG (2003) With Peter Falk. 2.10 Freedomland 15 (2006) With Samuel L. Jackson. 4.05 Flight 93 12 (2006) With Jeffrey Nordling. 5.45 Nurses on the Line: The Crash of Flight 7 PG (1993) With Lindsay Wagner. 7.30 Drama Close Up 8.00 Freedomland 15 (2006) With Samuel L. Jackson. 10.00 Jarhead 15 (2005) With Jake Gyllenhaal. 12.05 The Day of the Locust 18 (1975) With Donald Sutherland. 2.30 Lost Behind Bars 15 (2006) With Paget Brewster. 4.00 The Temptations 5.30 Nurses on the Line: The Crash of Flight 7 PG (1993)

Sky Movies Comedy

6.40 Roseanna's Grave 12 (1997) 8.40 Big Bully PG (1995) 10.25 Home Team PG (1998) 12.10 The Sixth Man PG (1997) With Marlon Wayans. 2.10 Monster-in-Law 12 (2005) With Jennifer Lopez. 4.00 The Top 10 Show 4.20 Home Team PG (1998) With Steve Guttenberg. 6.15 Big Bully PG (1995) With Rick Moranis. 8.00 Monster-in-Law 12 (2005) With Jennifer Lopez. 10.00 Must Love Dogs 12 (2005) With John Cusack. 11.45 Whiskey Down 15 (1995) With Sean Patrick Flanery. 1.20 An Alan Smithee Film:

Burn, Hollywood, Burn 12 (1997) With Eric Idle. 2.50 Roseanna's Grave 12 (1997) With Jean Reno. 4.35 The Sixth Man PG (1997)

Sky Movies Action

6.10 Kingdom of Heaven 15 (2005) 8.45 The Peacemaker 15 (1997) 10.55 Action & Thriller Close Up 11.25 X-Men: The Last Stand 12 (2006) With Hugh Jackman. 1.10 RedEye 12 (2005) With Rachel McAdams. 2.40 The Peacemaker 15 (1997) With George Clooney. 4.45 Kingdom of Heaven 15 (2005) With Orlando Bloom. 7.10 Derailed 15 (2005) With Jennifer Aniston. 9.00 X-Men: The Last Stand 12 (2006) With Hugh Jackman. 10.45 The Replacement Killers 18 (1998) With Chow Yun-Fat. 12.25 Highlander III: The Sorcerer 15 (1994) With Christopher Lambert. 2.10 Derailed 15 (2005) With Jennifer Aniston. 4.10 Terminal Error PG (2001)



SPORT

Sky Sports 1

6.00 Aerobics Oz Style 6.30 Premier League Preview 7.00 Big League Weekend 8.00 FIFA Futbol Mundial 8.30 Premier League Preview 9.00 Soccer AM 12.00 Soccer Saturday 12.30 Live Football Special. Sunderland v Liverpool (Kick-off 12.45pm). 3.00 Soccer Saturday 5.15 Live Saturday Night Football. Sheffield United v West Bromwich Albion (Kick-off 5.20pm). 7.30 You're on Sky Sports! 8.25 Football First 10.15 Football First 11.45 Football First 1.15 Football First 2.45 Football First 4.15 You're on Sky Sports! 5.10 Foot Brazil 5.40 U Can Do It 5.45 Sky Sports Classics

Sky Sports 2

6.00 Moto Plus 6.30 Live Rugby Union. Wellington v Tasman Makos (Kick-off 6.30am). 8.30 Live Rugby Union. North Harbour v Waikato (Kick-off 8.35am). 10.30 Max Power 11.30 International Cricket 1.30 Live Cricket. Worcestershire Royals v Lancashire Lightning. 7.30 World Sport 8.00 Golf Night 9.00 Live Golf Night. The US Amateur Championship semifinals. 11.00 Golf Night 12.00 Rugby League 1.30 Golf Night 2.30 Golf Night 4.30 Golf Night 5.30 Close

Sky Sports 3

6.00 Golf Night 8.30 Rally World 9.00 NFL: America's Game 10.00 WWE: Smackdown 12.00 WWE: Bottom Line 1.00 Live European Tour Golf. The KLM Open. 5.00 Live Speedway. The Latvia

Grand Prix. 8.00 Rally World 8.30 Moto Plus 9.00 WWE Wrestling 9.30 Extreme Championship Wrestling 10.30 WWE Wrestling 11.00 WWE: Late Night - Smackdown 1.00 WWE Wrestling 1.30 WWE: Late Night - Bottom Line 2.30 Speedway 5.30 Moto Plus

British Eurosport

5.15 Close 7.30 Eurosport Buzz 8.00 Live International Football. Spain Under-17s v Argentina Under-17s. 10.00 Athletics 11.00 Live Athletics. The first day of the World Championships. 2.30 Live Cycling. The third stage of the Eneco Tour. 3.00 Athletics 4.15 Hockey 4.30 Live Hockey. The women's European Championship final. 6.00 Athletics 6.45 Live Rallying. The opening day of the Intercontinental Rally Challenge from the Czech Republic. 7.15 Live Ski Jumping. The Four Nations Grand Prix. 9.00 Show Jumping 10.00 WTA Tennis 11.30 Cycling 12.00 Live Athletics. The second day of the World Championships. 4.45 Close

Sky Sports Xtra

6.00 Tight Lines 7.00 International Cricket 9.00 Sports Unlimited 10.00 Women's Pool 11.00 World Sport 11.30 Racing News 12.00 Pool 2.00 WWE: Smackdown 4.00 NFL: Total Access 5.00 Pool 7.00 Live Spanish Football. Real Madrid v Atletico Madrid (Kick-off 7.00pm) and Sevilla v Getafe (Kick-off 9.00pm). 11.00 Rugby Union 1.00 Spanish Football 3.00 NFL: Total Access 4.00 Rugby Union

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BBC1

6.00 Breakfast. (T) 7.40 Match of the Day. (R) (T) 9.00 News 24 Sunday. (T) 10.00 Heaven & Earth with Gloria Hunniford. (T) 11.00 World Athletics Championships. The men's 100m semi-finals. Coverage continues on BBC2. (T) 12.30 BBC News: Weather. (T) 12.35 EastEnders. (T) 2.30 Live International Rugby Union. Wales v France (Kick-off 2.45pm). (T) 4.45 Murder, She Wrote. (R) (T)

5.30 Songs of Praise. Marking the 10th anniversary of the death of Diana, Princess of Wales, Diane-Louise Jordan meets charity workers and friends still influenced by her legacy and touched by her life. (T)

6.05 BBC News: Regional News: Weather. (T) 6.30 Last of the Summer Wine. Howard finds it difficult to hide his new bike from Pearl. (T)

7.00 Child of Our Time. Professor Robert Winston finds out how the children, now aged seven, fit into groups. Like everyone they prefer to think of themselves as individuals, but blending in can be a useful strategy at times. As the presenter finds out, however, going too far in the direction of conformity has its own dangers. (T)

8.00 The Chase. Further revelations threaten to derail Anna and Tom's move to Botswana, and Fiona storms round to the practice to confront the pair after learning of their plans. Rick wants to finally make his partnership official, and Claudie thinks she has the answer to everyone's worries about the future of the business. Last in series starring Gaynor Faye and Nicholas Gleaves. (T)

9.00 Mountain. Griff Rhys Jones walks among the highest peaks of Snowdonia and explores the legends of his forefathers. The actor and comedian encounters rare wild Welsh mountain ponies, considers how ash deposited by the bereaved is affecting the ecological balance of the area and meets climbers battling the extremes. Last in series. (T)

10.00 BBC News: Weather.

10.20 Medium. Allison has recurring dreams about her past, and the strange visions soon threaten to derail her efforts to catch a murderer before he strikes. Patricia Arquette and Jake Weber star. (T)

11.00 FILM: The Relic (1997). Horror, starring Penelope Ann Miller; (T) Weatherview.

12.50 Mission Africa. (T) 1.20 Sign Zone: Holby City. (R) (T) 2.20 Sign Zone: Child of Our Time. (R) (T) 3.20 Sign Zone: Vet Safari. (R) (T) 3.50 Sign Zone: How to Live Longer. (R) (T) 4.35 BBC News 24. (T)



BBC2

6.00 CBeebies: 6.00 Teletubbies; (R) (T) CBeebies Birthdays. (T) 6.30 Balamory. (R) (T) 6.50 Step Inside. (R) (T) 7.00 CBBC: Batlink. (R) (T) 7.10 Legend of the Dragon. (R) (T) 7.30 Smile. Fun-packed magazine, with Barney Harwood. Last in series. (T) 10.00 Something for the Weekend. (T) 11.30 Countryfile. (T) 12.30 World Athletics Championships. The men's 100m final. (T) 2.45 FILM: Things to Come (1936). Science fiction drama, starring Raymond Massey. (T) (bw) 4.15 FILM: Tuck Everlasting (2002). Period fantasy, starring Alexis Bledel. (T) 5.40 A Wild Winter's Day. (R) (T) 6.10 Natural World. (R) (T) 7.00 Ultimate Wild Water. Newsreader Kate Silverton attempts to conquer her childhood phobia of open water as she embarks on an adventure through Britain's fastest-flowing rivers and most turbulent seas. (R) (T) 8.00 Crisis on Jimmy's Farm. New series. The lease for the farm comes up for renegotiation. (T) 9.00 FILM: The Importance of Being Earnest (2002). Two bachelors using the same pseudonym capture the hearts of a couple of girls - but their deception leads to confusion. Fine Oscar Wilde comedy, starring Rupert Everett and Colin Firth. (T) 10.30 Match of the Day 2. (T) 11.15 Heroes. Hitch encounters trouble in Las Vegas. (R) (T) 12.00 Reading and Leeds Festival. (T) 1.30 World Athletics Championships. (T) 2.00 World Athletics Championships. The opening events on day three in Osaka. (T) 3.30 Close.

Pick of the Day

The Man Who Lost His Head (ITV1 Granada, 9pm)

Martin Clunes travelled to the other side of the world for this one-off drama, but it seems that once he got to New Zealand, he found it was oddly familiar. The actor explains: "I had a bit of a holiday with my wife and daughter before I started filming. As we were filming in the North Island, near Auckland, we took a trip to the South Island, to all the places which look quite Cornish. So it was a bit like being in Doc Martin, but with more reggae!" However, while the surroundings may look the same, the character he's playing is very different. Ian Bennet is a strait-laced museum curator who's about to marry the boss's daughter. His ordered existence is thrown into chaos when a Maori community ask for a carving made by the son of a 19th-century chief, which is currently housed in the museum's collection, to be returned. Ian discovers his prospective father-in-law has nominated him to fly out to New Zealand and tell them, ever-so-diplomatically, that they can't have it back. The Maori refuse to give up their claim, and plot to keep Ian with them while they launch an appeal. In the meantime, their unwilling guest comes to fall in love with their way of life - and a spirited local named Lollie. John Callen, Caroline Harker, Calvin Tuteao and Nicola Kawana also star.

C4

6.10 The Hoobs. (R) (T) 7.00 Transworld Sport. (T) 7.50 Freesports on 4. (R) 8.20 British GT Championship. 8.45 T4: The OC. The Cohens become Ryan's legal guardians. (R) (T) 9.45 T4: Hollyoaks. (T) 12.20 T4: Friends. (R) (T) 12.50 T4: Big Brother's Little Brother. (T) 1.50 T4: Big Brother's Diary Room. Uncut. (T) 2.50 T4: Smallville. (T) 3.50 T4: The Simpsons. (R) (T) 4.20 T4: The Simpsons. (R) (T) 4.50 Wife Swap. A former stripper trades places with a dedicated mother. (R) (T) 5.50 Come Dine with Me. (T) 7.00 Channel 4 News. (T) 7.15 Deal or No Deal. Noel Edmonds hosts the game show in which contestants try to guess the contents of mystery boxes. 8.00 Big Brother: On the Couch. The psychological effects of the Big Brother house. (T) 9.00 Big Brother. Highlights from the housemates' past 24 hours inside the Big Brother compound. (T) 10.00 FILM: Mean Machine (2001). A disgraced soccer star slides into a life of crime which soon puts him behind bars, where he's persuaded to form a football team. Predictable comedy, starring Vinnie Jones. (T) 11.55 Rufus! Rufus! Rufus! Does Judy! Judy! Judy! (T) 1.00 Big Brother's Diary Room. Uncut. 2.00 Big Brother Live. 4.00 The Bernie Mac Show. (R) (T) 4.25 Scrapheap Challenge. (R) (T) 5.25 Countdown. (R) (T)

FIVE

6.00 Milkshake! Thomas & Friends. (R) (T) 6.10 Make Way for Noddy. (R) (T) 6.20 When I Grow Up. (R) (T) 6.25 Oswald. (R) (T) 6.40 Peppa Pig. (R) (T) 6.50 Harry and His Bucket Full of Dinosaurs. (R) (T) 7.00 Hi-5. (R) (T) 7.30 Little Lodgers. (T) 7.40 Rupert Bear. (R) (T) 7.55 Make Way for Noddy. (R) (T) 8.05 Roobarb and Custard Too. (R) (T) 8.10 Harry and His Bucket Full of Dinosaurs. (R) (T) 8.25 The Book of Pooh. (R) (T) 9.00 Funky Town. (R) (T) 9.05 Peppa Pig. (R) (T) 9.15 Fifi and the Flowerpots. (R) (T) 9.30 Jane and the Dragon. (R) (T) 10.00 How to Be a Property Developer. (R) (T) 11.00 House Doctor: Inside and Out. (R) (T) 12.05 Great Artists. (R) (T) 12.35 five news update. 12.40 The Real Jaws: Great Ocean Adventure. (R) (T) 1.30 Football Italiano. Inter Milan v Udinese (Kick-off 2.00pm). (T) 4.15 Megastructures. (R) (T) 5.05 FILM: Steel (1997). Comic-strip romp, with Shaquille O'Neal. (T) 6.55 five news and sport. (T) 7.05 Joey. The actor visits a critic. (T) 7.30 Joey. The actor appears on a prestigious film programme. (T) 8.00 FILM: It Could Happen to You (1994). Without the cash for a tip, cop Nicolas Cage agrees to split the proceeds of any lottery win with a waitress, little realising the effect it will have on his marriage. Romantic comedy, with Rosie Perez. Includes five news update at 8.55pm. (T) 10.00 Vanished. Sara hides out in a small town as the FBI close in. Last in series. (T) 11.00 Killer Instinct. (R) (T) 12.00 Disorderly Conduct. (T) 1.00 Major League Baseball. Live coverage of another top game. 4.15 Kickboxing: Now is the Time - Night of Combat. 5.05 Major League Soccer.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. 9.25 CITV: Art Attack. (R) (T) 9.45 Pocoyo. (T) 10.00 The Championship. (T) 11.00 Vicars' Wives. (T) 11.30 ITV News and Weather. (T) 11.40 London Today: Weather. (T) 11.45 F1: Turkish Grand Prix Live. Coverage of the 12th race of the season from Istanbul. (T) 3.05 The X Factor. (R) (T) 4.05 Superize Kids: Britain's Tallest Teens. (R) (T)

5.05 Diana's Children. The Princess of Wales' relationship with young people. (R) (T)

6.05 Call Me a Cabbie. Distracting passengers are inflicted on the trainees. Last in series. (T)

6.30 London Tonight: Weather. (T)

6.45 ITV News and Weather. (T)

7.00 Emmerdale. Emily inadvertently locks Laura in the church, where she goes into labour with only Shadrach on hand to help. Diane argues with Jack before kissing Billy in the Woolpack. (T)

7.30 Coronation Street. Jerry resorts to winning and dining Eileen in Darryl's shed to get some privacy, but their music doesn't go down too well with Gail, who is shocked to see the pair emerge together. Audrey tries to persuade Claire to return to the Street, while Ashley makes a decision about Casey and Cilla takes Frank to the Rovers. (T)

8.00 Britain's Favourite View. Trevor McDonald presents as more celebrities nominate their favourite views in Britain. This week, Tim Healy and Denise Welch take in the scenery on the River Tyne, Vic Reeves extols the virtues of Stonehenge, Janet Street-Porter describes why Bamburgh Castle on the Northumberland coast is worthy and Rolf Harris admires the view across St Ives Harbour in Cornwall. A viewers' vote will decide who will make it through to the live final. (T)

9.00 The Man Who Lost His Head. Martin Clunes plays straightlaced museum curator Ian Bennet reluctantly negotiating the return of a Maori carving to a remote part of New Zealand's Northland. The Ministry advises him to be sympathetic to the claim of the community, but the museum director has no intention of allowing the artefact to go back, leaving Ian in the middle of a dispute for just long enough to be seduced by his surroundings and find himself attracted to a Maori woman called Lollie. Light-hearted drama, also starring Nicola Kawana. (T)

11.00 ITV News and Weather: Weather. (T)

11.15 F1: Turkish Grand Prix Highlights. Steve Rider presents highlights of the 12th race of the season from Istanbul, where last year's winner Felipe Massa is in need of a repeat performance to stay in the title race. (T)

12.20 Vicars' Wives. (R) (T) 12.45 Essentials of Faith. (R) (T) 1.15 Motorsport UK. (T) 1.40 FILM: Up at the Villa (2000). Romantic drama, starring Kristin Scott Thomas; (T) ITV News Headlines. 3.35 The Jeremy Kyle Show. (R) (T) 4.30 ITV Nightscreen. (T)

LOCAL

RTP1
0630 Brinca Comigo 0900 Planeta Prodígios 1000 Eucaristia Domical 1100 Conversas do Domingo 1130 Sentido do Gosto 1200 Contra 1230 Mr Bean 1300 News 1410 São Viso 1515 Tour of France 1615 Sobrenatural 1700 CrocodileDundee in Los Angeles, film 1900 Conta-me Como Foi 2000 News 2100 As Escolhas de Marcelo Rebelo de Sousa 2130 O Preço Certo 2330 Art of War, film 0000 O Dragão de Fumo, film 0400 Telesales 0605 News

RTP2
0700 Euronews 0730 Músicas de África 0830 África@global 0900 Caminhos 0930 70x7 1000 Nôs 1100 Indisciplinas 1130 Consigo 1200 Vida Por Vida 1230 Olhar o Mundo 1300 The Simpsons 1330 Bombordo 1400 Discovery Hour 1900 Arte & Emoção 1930 Diga lá Excelência 2030 The Simpsons 2100 Entre Pratos 2130 A Alma e Gente 2200 News 2240 Cãmara Clara 2330 Britcom 0030 Onda Curta 0130 Parlamento 0200 A Alma e a Gente 0230 Euronews 0245 Sport 0600 Euronews

SIC
0700 Fioribella 0830 Sic Kids 1100 Fátima 1300 News 1415 Eterna Magia 1445 O Profeta 1515 Contato 1800 PéNa Jaca 1900 Fioribella 2000 News 2115 Chiquititas 2215 Orasão Tropical 2315 Vilginçula 0015 CSI Las Vegas 0115 Film TBA 0300 Sex and the City 0330 Quando o Telefone Toca

TV
0645 Children's TV 0900 Morangos Com Açúcar 1100 Missa Brava 1230 Otavio Dia 1300 News 1410 Top + 1530 Ciclismo: Tour de Frande 1630 Film TBA 1845 O Preço Certo 1945 A Voz do Cidadão 2000 News 2315 Rouxinol Fanduchão 0030 Novos Cinema Paradiso 0220 Bu San / Goodby Dragon Inn 0400 A Hora da Sorte 0415 Telesales

Best of the Rest

BBC3

7.00 Reading and Leeds Festival 9.00 The Visit 9.30 Little Britain 10.00 Grownups 10.30 Reading and Leeds Festival 11.30 My Big Breasts and Me 12.30 The Visit 1.00 Grownups 1.30 Reading and Leeds Festival 3.30 My Big Breasts and Me 4.30 Close

BBC4

7.00 Chelsea Pensioners: Once a Soldier 7.30 Proms on Four 2007 9.25 Meetings with Remarkable Trees 9.35 Look: A Hare's Life 10.00 Wainwright Walks 10.30 A Pembrokeshire Farm 11.00 Kingdom of the Ice Bear 11.55 Peter Scott: A Passion for Nature 12.55 Great British Holidays 1.55 Proms on Four 2007 3.55 Close

ITV2

2.25 Film: Back to the Future PG (1985) 4.35 Coronation Street 7.00 The X Factor 8.00 The Xtra Factor 9.00 Jack Osbourne - Adrenaline Junkie 10.00 The If Comedy Awards: A Comedy Cuts Special 11.00 Film: American Pie 15 (1999) 12.50 Coronation Street 1.20 Jack Osbourne - Adrenaline Junkie 2.15 The X Factor 3.10 The Xtra Factor 4.00 Teleshopping 6.00 Close

Sky One

1.00 Star Trek: The Next Generation 2.00 Star Trek: The Next Generation 3.00 A Town Called Eureka 4.00 Lion Man 4.30 Lion Man 5.00 Brainiac: Science Abuse 6.00 The Simpsons 6.30 The

Simpsons 7.00 The Simpsons 7.30 The Simpsons 8.00 The Simpsons 8.30 The Simpsons 9.00 Diana - Her Last 10 Days in Pictures 10.00 Bones 11.00 Lovespring International 11.30 Weeds 12.05 Weeds 12.40 Final Days of Planet Earth 1.40 Final Days of Planet Earth 2.40 Star Trek: The Next Generation 3.30 Star Trek: The Next Generation 4.20 Vroom Vroom 5.10 Taste

UKTV Gold

1.00 Only Fools and Horses 2.00 Only Fools and Horses 3.00 Only Fools and Horses 4.00 Only Fools and Horses 5.00 Startruck Classics 5.05 Wallace & Gromit: A Grand Day Out 5.40 Wallace & Gromit: The Wrong Trousers 6.20 Wallace & Gromit: A Close Shave 7.00 The Vicar of Dibley 7.40 The Vicar of Dibley 8.20 The Vicar of Dibley 9.00 Dalziel & Pascoe 10.55 Only Fools and Horses 12.00 My Family 1.05 The Royle Family 1.40 Dalziel & Pascoe 3.20 Dallas 4.15 Dallas 5.05 What a Carry On! 5.35 Neighbours

TCM

1.00 At the Circus U (1939) 2.30 Adrian Wootton on Elvis 3.00 Elvis on Tour PG (1972) 4.45 Brando 7.35 Bad Day at Black Rock PG (1955) 9.00 Dirty Harry 18 (1971) 10.55 Mad Max 2 18 (1981) 12.45 Savage Messiah 18 (1972) 2.35 Teleshopping 3.00 Brass Target PG (1978)

The Disney Channel

Kids' programmes from 7am, except:

MOVIES

Sky Movies Drama

7.05 Anna's Dream PG (2002) 8.35 Miss Lettie and Me U (2002) 10.15 Between Love and Honor PG (1995) 12.00 Pride and Prejudice U (2005) With Keira Knightley. 2.10 The Weather Man 15 (2005) With Nicolas Cage. 4.10 Between Love and Honor PG (1995) With Grant Show. 5.45 Drama Close Up 6.15 The Story of an African Farm PG (2004) With Richard E Grant. 8.00 Pride and Prejudice U (2005) With Keira Knightley. 10.10 The Weather Man 15 (2005) With Nicolas Cage. 12.00 Mississippi Burning 18 (1988) With Gene Hackman. 2.10 The Robber Bride 15 (2007) With Mary-Louise Parker. 3.45 The Temptations 5.20 Anna's Dream PG (2002)

Sky Movies

Comedy

6.30 Rebound PG (2005) 8.00 Best Man in Grass Creek PG (2001) 9.40 She's Having a Baby 15 (1988) 11.40 The Pacificer PG (2005) With Vin Diesel. 1.20 Woo 15 (1998) With Jada Pinkett Smith. 2.55 Rebound PG (2005) With Martin Lawrence. 4.35 You, Me and Dupree 12 (2006) With Owen Wilson. 6.30 Best Man in Grass Creek PG (2001) With John Hines. 8.00 The Pacificer PG (2005) With Vin Diesel.

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Sky Movies Action

6.00 Sahara 12 (2005) 8.15 Broken Arrow 15 (1996) 10.15 The Saint 12 (1997) 12.25 Action & Thriller Close Up 12.55 Sinbad and the Eye of the Tiger U (1977) With Patrick Wayne. 3.00 Sahara 12 (2005) With Matthew McConaughey. 5.10 Broken Arrow 15 (1996) With John Travolta. 7.00 The Saint 12 (1997) With Val Kilmer. 9.00 The Transporter 2 15 (2005) With Jason Statham. 10.30 Payback 18 (1999) With Mel Gibson. 12.15 Rapid Fire 18 (1992) With Brandon Lee. 1.55 The Transporter 2 15 (2005) With Jason Statham. 3.25 Sinbad and the Eye of the Tiger U (1977) 5.30 Action & Thriller Close Up

SPORT

Sky Sports 1

6.00 U Can Do It 6.05 You're on Sky Sports! 7.00 Football First 8.30 Football First 10.00 The Sunday Supplement 11.00 Goals on Sunday 1.00 Live Football League. Ipswich Town v Crystal Palace (Kick-off 1.15pm). 3.30 Live Super Sunday. Manchester United v Tottenham Hotspur (Kick-off 4.00pm). 6.30 Super Sunday: The Last Word 7.00 Live Spanish Football. Racing Santander v Barcelona and Espanyol v Valladolid (Kick-off 8.00pm). 10.00 Football Special 11.30 Super Sunday: The Last Word 12.00 Spanish Football 2.00 Close

Sky Sports 2

6.00 Rugby League 7.30 Golf Night 8.30 Golf Night 10.30 Golf Night 11.30 Rugby League 1.00 Seamount Sailing 1.30 Live Cricket. Nottinghamshire Outlaws v Gloucestershire Gladiators. 7.30 Wild Spirits 8.00 Golf Night 9.00 Live Golf Night. The US Amateur Championship final. 11.00 Golf Night 12.00 US Superbikes 1.00 US Superbikes 2.00 Close

Sky Sports 3

6.00 Watersports World 7.00 Spanish Football 9.00 WWE: Afterburn 10.00 WWE: Heat 11.00 Seamount Sailing 11.30 Racing News 12.00 WWE Presents: Great Families of Wrestling 1.00 Live European Tour Golf. The KLM Open. 5.00 WWE: Experience

British Eurosport

6.00 WWE Presents: Great Families of Wrestling 7.00 US Superbikes 8.00 US Superbikes 9.00 WWE Presents: Great Families of Wrestling 10.00 WWE Wrestling 10.30 WWE: Late Night - Afterburn 11.30 WWE: Late Night - Heat 12.30 WWE Wrestling 1.00 Motor Racing 3.30 Close

British Eurosport

7.30 Live World Touring Car Championship. Coverage of the warm-up session from Oschersleben. 8.00 Athletics 9.15 Live Athletics. The men's 100m final at the World Championships. 2.30 Live World Touring Car Championship. Coverage of the second race from Oschersleben. 3.45 Live Hockey. The men's European Championship final. 5.00 Cycling 5.45 Athletics 7.45 Live Rallying. The second day of the Intercontinental Rally Challenge from the Czech Republic. 8.00 Motorsports Weekend 8.30 Champ Car 10.00 Volleyball 11.00 Athletics 2.00 Live Athletics. The World Championships. 4.45 Close

Sky Sports Xtra

6.00 Speedway 9.00 NFL: Total Access 10.00 US Superbikes 11.00 US Superbikes 12.00 Pool 2.00 Speedway 5.00 Pool 7.00 NFL: Total Access 8.00 Seamount Sailing 8.30 Live Motor Racing. The Motorola Indy 300. 11.00 Max Power 12.00 Pool 2.00 Seamount Sailing 2.30 Beach Volleyball 3.30 Close

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BBC1

6.00 Breakfast. (T) 9.00 To Buy or Not to Buy. (R) (T) 9.45 Countryfile: The Summer Diaries; (T) BBC News; Weather. (R) 10.45 Escape to the Country. (T) 11.15 Bargain Hunt; (R) (T) BBC News; Weather. (T) 12.00 Cash in the Attic. (R) (T) 12.45 BBC News; Weather. (T) 1.05 Regional News; Weather. (T) 1.15 Neighbours. (T) 1.40 FILM: Hocus Pocus (1993). Supernatural family comedy, starring Bette Midler. (T) 3.10 'Allo 'Allo! (R) (T) 3.40 Keeping Up Appearances. (R) (T) 4.10 Dancing with the Stars. (T)

5.40 BBC News; Weather. (T)
6.00 Regional News Programmes; Weather. (T)
6.10 The ONE Show. (T)
6.40

Test the Nation: The National IQ Test 2007. Anne Robinson and Danny Wallace present this year's edition of the interactive quiz, as studio-based teams of removal men, clairvoyants, surgeons and reality show contestants compete against each other. EastEnders actress Kara Tointon, comedian Joe Pasquale, BBC political correspondent Nick Robinson and sports presenter Clare Balding are amongst the celebrities making guest appearances. Viewers can participate using traditional pen and paper, logging onto the show's website or via a digital TV remote control. The results show can be seen at 9pm. (T)

8.00 EastEnders. Ronnie prepares to return to Ibiza, but Roy is reluctant to go along with her plans. Ian has high hopes for the father-and-son race on Fun Day, and is infuriated by Jase and Jay's performance. Sean tries to protect Jean from the truth about Sean, and an unexpected visitor arrives at the Vic. (T)

8.30 Weekend "Nazis". John Sweeney joins a World War Two re-creation event in Kent, discovering Holocaust denier historian David Irving signing books, a trader selling a relic from Bergen-Belsen concentration camp, and a group of Nazi enthusiasts expressing extreme racist views. He questions whether Britain, having gone to war to defend free speech and liberty, should now be home to activities banned by law in Germany. (T)

9.00 Test the Nation: The National IQ Test 2007. Anne Robinson and Danny Wallace show viewers how to convert their answers into a score and announce the results. The outcome will determine whether the population have raised their IQs since the last test. (T)

10.10 BBC News. (T)
10.20 Regional News; Weather. (T)
10.25 FILM: Anchorman: The Legend of Ron Burgundy (2004). Premiere. A chauvinistic Seventies newsreader is appalled to discover a newly hired female reporter has her eye on his job. Comedy, starring Will Ferrell and Christina Applegate. (T)

12.00 FILM: Raising Arizona (1987). Comedy, starring Nicolas Cage; (T) Weatherview. 1.35 Sign Zone: The Big Day. (R) (T) 2.35 Sign Zone: The Tower. (R) (T) 3.25 Sign Zone: How to Live Longer. (R) (T) 4.10 BBC News 24. (T)

LOCAL

RTPI
0630 Bom Dia Portugal 1000 Praha da Alegria 1300 News 1410 Prova de Amor 1515 Só Visto e Amigos 1715Lingo 1800PortugalemDirecto 1905 O Preço Certo 2000 News 2100 Noticias Solitas 2120 A Herança 'de Verão' 2220 Paixões Proibidas 0045 Risky Business, film 0230 Beijos Roubados, film 0115 Greys Anatomy 0200 Film TBA

RTP2
0700 Euronews 0715 Zig Zag 1300 Discovery Hour 1400 Sociedade Civil 1530 Sim Amor 1600 Zig Zag 1700 National Geographic 1815 Diário de Sofia 1830 A Fé dos Homens 1900 Eurodeputados 1945 Zig Zag 2045 Todos Contra o Chris 2115 National Geographic 2145 A Hora da Sorte 2200 News 2240 Em Reportage. 2300 Roma 2345 Mundos 0030 noites da 2 0115 Discovery Hour 0215 Diga lá Exceção 0300 Eurodeputados 0330 Vida por Vida 0400 Sociedade Civil 0615 Euronews

SIC
0700 Floribella 0830 Sic Kids 1100 Fatima 1300 News 1415 Eterna Magi 1445 O Profeta 1515 Contacto 1800 Pé na Jaca 1900 Floribella 2000 News 2115 Chiquititas 2215 Paraíso Tropical 2315 Vingança 0015 Desperate Housewives 0115 CSI 0115 The Specialists 0215 Sex and the City 0330 Oal da Serpente
TVI
0700 Diário da Manhã 1000 Você na TV 1300 News 1400 As Tardes da Júlia 1700 Quem Quer Ganhar 1800 Morangos com Açúcar - Férias de Verão 2000 News 2115 Ilha dos Amores 2215 Doce Fugitiva 2315 Tu e Eu 0015 Desaparecido 0115 Josie and the Pussycats 0300 Toca a Ganhar 0430 Que Loucura de Família 0500 Teleales

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BBC2

6.00 CBeebies: Fimbles. (R) (T) 6.20 The Story Makers; (R) (T) Tweenies Songtime. (R) (T) 6.35 Balamory. (R) (T) 7.00 Nina and the Neurons. (R) (T) 7.15 Charlie and Lola. (R) (T) 7.30 In the Night Garden. (R) (T) 8.00 CBBC: Do Something Different. (T) 8.45 Mona the Vampire. (R) (T) 8.55 Bring It On. (R) (T) 9.20 Time Warp Trio. (R) (T) 9.45 Whizz Whizz Bang Bang. (R) (T) 10.15 Krypto the Superdog. (R) (T) 10.35 Even Stevens. (R) (T) 11.00 The Munsters. (R) (T) (bw) 11.25 World Athletics Championships. The concluding events on day three at the Nagai Stadium in Osaka, Japan. (T) 2.45 Escape to the Country. (R) (T) 3.45 Flog It! (R) (T) 4.30 Ready, Steady, Cook. (T) 5.15 Identity. (T) 6.00 Eggheads. (T) 6.30 Kitchen Criminals. (T) 7.00 World Athletics Championships. The third day at the Nagai Stadium in Osaka, Japan. (T) 7.30 Mastermind. Specialist subjects include the life and career of Richard Nixon. (T) 8.00 University Challenge. Pembroke College, Cambridge v Worcester College, Oxford. (T) 8.30 The Hair Bikers Ride Again. Simon King discovers a piece of his family history in southern India. (R) (T) 9.00 Boys from the Brown Street. The work of London's sewer flushers. (T) 10.00 Buzzcocks - Imagine A Mildly Amusing Panel Show. (R) (T) 10.30 TOTP2 Police Special! (T) 11.30 FILM: The Damned (1963). Sci-fi drama, starring Oliver Reed. (T) (bw) 1.05 Hockey. The European Hockey Championships. (T) 2.05 World Athletics Championships. The fourth day at the Nagai Stadium in Osaka, Japan. (T) 4.05 Close.

Best of the Rest

BBC3
7.00 Doctor Who 7.45 Reading and Leeds Festival 8.30 The Real Hustle 9.00 Honey We're Killing the Kids 10.00 EastEnders 10.30 Grownups 11.00 The Mighty Boosh 11.30 Tittybangbang 12.00 Reading and Leeds Festival 2.00 The Real Hustle 2.30 Grownups 3.00 The Mighty Boosh 3.30 Tittybangbang 4.00 Close
BBC4
7.00 Wildlife Special 8.00 Proms on Four 2007 10.00 Life on Mars 11.00 Life in the Undergrowth 12.00 Bill Oddie's Top 10 Birds 1.00 Mark Lawson Talks to Bill Oddie 2.00 Proms on Four 2007 4.00 Close
ITV2
1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.40 Ricki Lake 4.40 The Planet's Funniest Animals 4.55 Film: Dragonheart PG (1996) 7.00 The New Adventures of Superman 8.00 Breaking up with Shannan Doherty 8.30 Kasabian: Summer Series 9.00 Film: American Pie 15 (1999) 10.50 Coronation Street 11.20 Coronation Street 11.50 Film: American Pie 2 15 (2001) 1.45 Glitterball: ITV Play 4.00 Teleshopping 6.00 Close
Sky One
2.00 Angel 3.00 Las Vegas 4.00 Stargate Atlantis 5.00 Stargate Atlantis 6.00 Malcolm in the Middle 6.30 Malcolm in the Middle 7.00 The Simpsons 7.30 The Simpsons 8.00 The

Simpsons 8.30 The Simpsons 9.00 Film: Hybrid (2007) 10.40 Football Years 11.40 Cold Case 12.40 Star Trek: The Next Generation 1.40 Star Trek: The Next Generation 2.35 Is Harry on the Boat? 3.30 Miami Uncovered 4.20 Dream Team 5.10 Taste
UKTV Gold
1.10 Only Fools and Horses 1.50 Only Fools and Horses 2.55 Film: Carry On Matron PG (1972) 4.35 The Vicar of Dibley 5.10 The Vicar of Dibley 5.50 The Vicar of Dibley 6.30 Only Fools and Horses 7.10 Film: Babe U (1995) 9.00 The Vicar of Dibley 10.00 Doctor Who 11.00 Prison Break 12.00 Prison Break 1.00 Friday Night with Jonathan Ross 2.10 The New Adventures of Old Christine 2.30 Wogan: Now and Then 3.25 Wogan: Now and Then 4.15 Wogan: Now and Then 5.05 Merseybeat
TCM
1.05 Our Mother's House PG (1967) 3.00 Seems Like Old Times PG (1980) 4.50 Mrs Miniver U (1942) 7.20 Code Name: Emerald PG (1985) 9.00 El Mariachi 15 (1992) 10.30 The Night of the Iguana 15 (1964) 12.40 Coma 15 (1978) 2.40 Teleshopping 3.00 Captain Nemo and the Underwater City U (1969)

The Disney Channel
Kids' programmes from 7am, except:

Pick of the Day

Test the Nation: The National IQ Test 2007 (BBC1, 6.40pm)

In 2002, Anne Robinson and Phillip Schofield revealed blue-eyed people are marginally more intelligent than their brown-eyed counterparts after they quizzed the populace of the UK. Since then, we've been asked about everything from the English language to the 20th century, and now our brains are set to be put through the mill again. Although Mr Schofield is no longer at the helm with the Queen of Mean - Danny Wallace took over last year - it still makes for an entertaining night in front of the telly. Previously, we've seen the likes of public-school pupils, butchers, estate agents and footballers' wives taking part in group tests in the studio. This time producers have been on the look out for reality-show contestants, clairvoyants, surgeons, removal men and people with the surnames Wallace and Robinson. EastEnders actress Kara Tointon, comedian Joe Pasquale, BBC political editor Nick Robinson and sports presenter Clare Balding are among the celebrities making guest appearances. Viewers can participate by using traditional pen and paper, logging onto the show's website or via a digital TV remote control. The results show can be seen at 9pm

C4

6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Big Brother's Little Brother. (R) 8.00 Big Brother. (R) 9.00 T4: Beauty & the Geek. The couples treat their partners to something special. Last in series. (R) (T) 9.55 T4: Friends. Rachel and Joey struggle to tell Ross about their kiss. (R) (T) 10.30 T4: Friends. (R) (T) 11.00 T4: Popworld. (R) (T) 12.05 FILM: The Rugrats Movie (1999). Animated adventure, with the voice of Elizabeth Daily. (T) 1.25 FILM: Planet of the Apes (1968). Classic sci-fi adventure, starring Charlton Heston. (T) 3.30 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 A Place in the Sun: Home or Away. (R) (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.15 FILM: Congo (1995). A group of explorers venture into the jungle in search of King Solomon's mines, little prepared for the horrors awaiting them. Dismal thriller, starring Dylan Walsh and Laura Linney. (T) 9.00 Secrets of the Stately Garden: A Time Team Special. Tony Robinson follows the ambitious restoration of Prior Park garden near Bath and explores the secrets of England's stately grounds throughout the ages. (T) 10.00 Big Brother. The past 24 hours in the house. (T) 11.05 TV Heaven, Telly Hell. (T) 11.40 FILM: Festival (2005). Comedy, starring Amelia Bullmore. (T) 1.40 Big Brother Live. 4.00 The Insider. (R) (T) 4.25 3 Minute Wonder: Little Worlds. (R) 4.30 British GT Championship. (R) 5.00 FIVB Beach Volleyball.

FIVE

6.00 Milkshake!: Thomas & Friends. (R) (T) 6.10 Make Way for Noddy. (R) (T) 6.25 Oswald. (R) (T) 6.35 Peppa Pig. (R) (T) 6.45 Funky Valley. (R) (T) 6.50 Franny's Feet. (R) (T) 7.05 Little Princess. (R) (T) 7.20 The Beeps. (R) (T) 7.30 The Adventures of Bottle Top Bill and His Best Friend Corky. (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Fifi and the Flowerbuds. (R) (T) 8.15 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Miss Spider's Sunny Patch Friends. (R) (T) 8.50 Ebb and Flo. (R) (T) 9.00 House Doctor. (R) (T) 9.30 Doctor, Doctor. (T) 10.30 Trisha Goddard. (R) (T) 11.30 five news. (T) 12.00 HouseBusters. (R) (T) 12.30 Dawson's Creek. (R) (T) 1.30 FILM: Ben-Hur (1959). Oscar-winning epic. Charlton Heston stars. (T) 5.30 five news; Weather. (T) 5.40 FILM: Three Ninjas Knuckle Up (1995). Martial arts adventure sequel, starring Michael Treanor. (T) 7.10 five news update. (T) 7.15 Cricket on five. England v India; (T) 7.15 five news update. 8.00 Britain's Strongest Man. New series. Amazing trials of strength; (T) 8.00 five news at 9. 9.00 FILM: Anger Management (2003). An unassuming man is forced to go on an anger management course - but his therapist soon turns his life upside down. Comedy, starring Jack Nicholson and Adam Sandler. (T) 11.05 FILM: Chinatown (1974). Oscar-winning mystery, starring Jack Nicholson. (T) 1.35 Nascar Nextel Cup. 2.25 US PGA Golf. 3.15 Boxing USA. 4.00 Major League Soccer. (R) 5.10 French Football. The latest round of fixtures in Ligue One.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 Murder on the Orient Express. (R) (T) 12.30 The Unforgettable Kenneth Williams. (R) (T) 1.15 ITV Lunchtime News. (T) 1.45 Dale's Supermarket Sweep. (T) 2.15 60 Minute Makeover. (R) (T) 3.14 London Weather. (T) 3.15 Creature Comforts. (R) (T) 3.30 FILM: The Flintstones (1994). Comedy based on the cartoon, with John Goodman. (T)

5.00 That Antony Cotton Show. The Coronation Street star shares his light-hearted take on the world, presenting a mix of topical humour and celebrity interviews. (T)

6.00 You've Been Framed! Harry Hill narrates more home-video howlers, featuring an unwitting wedding guest, a dog that tries to control children and a boy who's unimpressed with his birthday present. (R) (T)

6.25 London Tonight; Weather. (T)
6.40 ITV Evening News; Weather. (T)

7.00 Emmerdale. Diane packs her bags after Billy tells her to choose between him and Jack. New mum Laurel is upset to learn her parents won't be visiting, while Donna moves back into Tall Trees. (T)

7.30 Coronation Street. Casey spends the night with Ashley, and Claire begins to suspect something is amiss when she returns home unexpectedly. Cilla begins cleaning for Frank. (T) Grimebusters. Yarno patrols Westminster, keeping a watchful eye out for signs of fly-tipping, while Leroy and Kumail confront rowdy revellers in Soho over their inconsiderate behaviour. (T)

8.00 Coronation Street. Ashley smooths things over with Claire, but is faced with a dilemma when Casey makes a declaration of love and asks him not to leave her. Hayley vows to attend her aunt's funeral. (T)

8.30 Coronation Street. Ashley smooths things over with Claire, but is faced with a dilemma when Casey makes a declaration of love and asks him not to leave her. Hayley vows to attend her aunt's funeral. (T)

9.00 Little Devil. Laura discovers she is pregnant and is forced to play a clever game with Katie as she tries to find out the identity of the father. Will becomes furious when he learns his wife plans to file for divorce and beats her to it, while Ellie's attempts to reunite his parents become ever more desperate. Last in series, starring Robson Green, Maggie O'Neill and Joseph Friend. (T)

10.00 Hollywood Lives. Tales of love and heartbreak in Tinseltown, including the story of Mark Harris, who inherited the money and home of his wife, Oscar-winning actress Martha Raye. Plus, a look at Ross Jeffries, who promises to teach men how to attract any women they want, and "cougars", the mature women who hunt in packs for their Hollywood prey - young, good-looking men. (T)

10.30 ITV News; Weather. (T)
10.45 FILM: There's Something About Mary (1998). Hit comedy, starring Cameron Diaz. (T)
12.50 Glitterball; (T) ITV News Headlines. 4.10 Vanessa's Real Lives. (R) (T) 5.00 ITV Nightscreen.

SPORT

Sky Sports 1

6.00 Wild Spirits 6.30 Seamount Sailing 7.00 WWE: Bottom Line 8.00 Football Special 9.30 Super Sunday: The Last Word 10.00 Live International Cricket. England v India. 6.30 Pioneers of Cricket 7.00 Moto Plus 7.30 Live Speedway. Rye House Rockets v Isle of Wight. 9.30 Big League Weekend 11.00 Soccer AM: The Best Bits 12.00 International Cricket 1.30 Big League Weekend 3.00 Soccer AM: The Best Bits 4.00 International Cricket 5.30 Close

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Ocean 7.00 Aerobics Oz Style 7.30 Golf Night 8.30 Golf Night 10.30 Golf Night 11.30 Spanish Football 1.30 Football Special 3.00 Super Sunday: The Last Word 3.30 Seamount Sailing 4.00 Live US Open Tennis. The opening day at Flushing Meadows. 12.00 Live US Open Tennis. Coverage of the second session of day one. 4.00 Close

Sky Sports 3

8.00 Motor Racing 10.30 Seamount Sailing 11.00 Aerobics Oz Style 11.30 Racing News 12.00 Ocean 12.30 Seamount

Sailing 1.00 Golf Night 2.00 Golf Night 4.00 Golf Night 5.00 WWE: Raw 7.00 Show Jumping 8.30 World Motor Sport 11.00 WWE: Late Night - Afterburn 12.00 Extreme Championship Wrestling 1.00 WWE: Heat 2.00 Live WWE: Late Night - Raw. Wrestling action from the States. 4.15 Close

British Eurosport

7.30 Motorsports Weekend 8.00 GP2 Racing 8.30 World Touring Car Championship 9.30 Athletics 11.30 Live Athletics. The third day of the World Championships. 2.30 Live Cycling. The fifth stage of the Eneco Tour. 3.00 US Open Tennis 4.00 Athletics 5.00 Eurogoals 5.45 Live US Open Tennis. Coverage of the opening day's play from Flushing Meadows. 12.30 Close 2.00 Live Athletics. The World Championships. 4.15 Close

Sky Sports Xtra

12.30 US Superbikes 1.30 US Superbikes 2.30 Motor Racing 5.00 Soccer AM: The Best Bits 6.00 Big League Weekend 7.30 Wild Spirits 8.00 International Cricket 9.30 British Superbikes 12.30 Speedway 2.30 Close

MOVIES

Sky Movies Drama

6.55 Redemption of the Ghost PG (2001) 8.50 Role of a Lifetime PG (2001) 10.35 A Month of Sundays PG (2001) 12.20 Washington Square PG (1997) With Jennifer Jason Leigh. 2.20 Role of a Lifetime PG (2001) With Scott Bakula. 4.20 A Month of Sundays PG (2001) With Rod Steiger. 6.00 Washington Square PG (1997) With Jennifer Jason Leigh. 8.00 Dark Water 15 (2005) With Jennifer Connelly. 10.00 Proof 12 (2005) With Gwyneth Paltrow. 11.45 Nil By Mouth 18 (1997) With Ray Winstone. 1.55 The Boxer 15 (1997) With Daniel Day-Lewis. 3.50 Piccadilly Jim 15 (2004) 5.30 Role of a Lifetime PG (2001)

Sky Movies Comedy

6.25 To Wong Foo, Thanks for Everything! Julie Newmar PG (1995) 8.15 Kinky Boots 12 (2005) 10.05 Theodore Rex PG (1995) 11.40 Straight Talk PG (1992) With Dolly Parton. 1.15 Harold & Kumar Get the Munchies 15 (2005) With John Cho. 2.45 A Lot Like Love 12 (2005) With Ashton Kutcher. 4.35 Theodore Rex PG (1995) With Whoopi Goldberg. 6.10 To Wong Foo, Thanks for Everything! Julie Newmar PG (1995) With Patrick Swayze. 8.00 Harold & Kumar Get the Munchies 15 (2005) With John Cho. 9.30 Comedy Close Up 10.00 This Year's Love 18 (1999) With Kathy Burke. 11.55 A Lot Like Love 12 (2005) With Ashton Kutcher. 1.45 Kinky

Sky Movies Action

6.00 Down 'n Dirty 15 (2000) 7.45 Red Dawn 15 (1984) 9.45 The Phantom 12 (1996) 11.30 Speed 2: Cruise Control PG (1997) With Sandra Bullock. 1.35 Red Dawn 15 (1984) With Patrick Swayze. 3.35 The Phantom 12 (1996) With Billy Zane. 5.20 Speed 2: Cruise Control PG (1997) With Sandra Bullock. 7.25 Ransom PG (1975) With Sean Connery. 9.00 The Dukes of Hazzard 12 (2005) With Johnny Knoxville. 10.45 Flesh and Blood 18 (1985) With Jennifer Jason Leigh. 12.55 Down 'n Dirty 15 (2000) With Fred Williamson. 2.45 City of Industry 18 (1997) With Harvey Keitel. 4.25 Ransom PG (1975)

(R) - repeat programme;

(T) - programme with teletext

subtitles;

(S) - programme broadcast

ing stereo;

(bw) - black and white.



PERSONALLY
TAILORED COMPUTERS
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BBC1

6.00 Breakfast. (T) 9.15 To Buy or Not to Buy. (R) (T) 10.00 Countryfile: The Summer Diaries; (T) BBC News; Weather. (T) 11.00 Escape to the Country. (T) 11.30 Bargain Hunt; (R) (T) BBC News; Weather. (T) 12.15 Cash in the Attic. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.40 Neighbours. (T) 2.05 Doctors. (T) 2.35 All Saints. (T) 3.20 BBC News; Weather; Regional News. (T) 3.25 CBBC: Pitt & Kantrop. (R) (T) 3.50 The Cramp Twins. (R) (T) 4.05 Desperados. (T) 4.30 Evacuation. (R) (T) 5.00 Evacuation. (R) (T) 5.25 Newsround. (T)

5.35 Neighbours. Steph and Toadie search for the MP3 player containing Charlotte's confession after she claims Boyd forced her to commit the crimes. Sky receives a demand for protection money and asks Harold to smuggle cash into prison, while Karl realises his boss has romantic intentions toward Susan. (R) (T) 6.00 BBC News; Weather. (T) 6.30 Regional News Programmes; Weather. (T) 7.00 The ONE Show. (T)

7.30 EastEnders. Deano suffers the consequences of his lies, while the search continues to find Patrick. Lucy's prank leads to Ian becoming instrumental in Ronnie's plot to keep Roxy in Albert Square. Gary packs his bags and moves in with Gus to escape the loved-up Minky and Hazel. (T)

8.00 Holly City. Joseph discovers Sam is dating both Faye and Chrissie. He agrees to keep his own counsel, but warns the philanderer to end one of the relationships or risk exposure. Elsewhere, Lola treats the victim of a sexual assault and Jac treats Maddy's heroin addict sister who has been admitted into hospital. (T)

9.00 Silent Witness. New series of the crime drama. In the first of a two-part story, Harry and Nikki are close by when an RAF helicopter crashes into a detention centre for failed asylum seekers. When it seems the military are trying to hush up the incident they each open their own investigations - to prove the pilot wasn't at fault for the crash and identify a mysterious girl who fled the site amid the carnage. Tom Ward and Emilia Fox star. Continues tomorrow. (T)

10.00 BBC News at Ten O'Clock. (T) 10.30 Regional News; Weather. (T)

10.35 Outnumbered. New series. Partly improvised sitcom from the creators of Drop the Dead Donkey, Guy Jenkin and Andy Hamilton, looking at the trials and tribulations of raising three young children. With Hugh Dennis, Claire Skinner and Samantha Bond. Continues tomorrow. (T)

11.05 FILM: Three Fugitives (1989). Chase comedy, starring Nick Nolte. (T) Weatherwise.

12.30 Sign Zone: Fight for Life. (R) (T) 1.40 Sign Zone: Rick Stein's Mediterranean Escapes. (R) (T) 2.40 Sign Zone: Grumpy Old Women. (R) (T) 3.10 Sign Zone: How to Live Longer. (R) (T) 3.55 BBC News 24. (T)



BBC2

6.00 CBeebies: Fimbles. (R) (T) 6.20 The Story Makers; (R) (T) Tweenies Songtime. (R) (T) 6.35 Balamory. (R) (T) 7.00 Nina and the Neurons. (R) (T) 7.15 Charlie and Lola. (R) (T) 7.30 In the Night Garden. (R) (T) 8.00 CBBC: Do Something Different. (T) 8.45 Mona the Vampire. (R) (T) 8.55 Bring It On. (R) (T) 9.20 Time Warp Trio. (R) (T) 9.45 Whizz Whizz Bang Bang. (R) (T) 10.15 Krypto the Superdog. (R) (T) 10.35 Even Stevens. (R) (T) 11.00 World Athletics Championships. Day four at the Nagai Stadium in Osaka, Japan. (T) 2.45 Escape to the Country. (R) (T) 3.45 Flot It! (R) (T) 4.30 Ready, Steady, Cook. (T) 5.15 Identity. (T) 6.00 Eggheads. (T) 6.30 Kitchen Criminals. (T) 7.00 World Athletics Championships. A review of the fourth day of competition at the Nagai Stadium in Osaka, Japan. (T) 7.30 The Cosmos: A Beginner's Guide. Looking at plans to travel to Mars. (T) 8.00 Great British Journeys. The "Great Journey" of 17th-century traveller Celia Finnes. (T) 9.00 Tribe. Bruce Parry joins the Nenet people of Siberia. (T) 10.00 Gavin and Stacey. The couple have their first lovers' tiff. (T) 10.30 Newswight; Weather. (T) 11.20 FILM: The Gorgon (1964). Hammer horror, starring Peter Cushing. (T) 12.40 Talking Movies. (T) 1.05 Arrested Development. (R) (T) 1.30 How I Met Your Mother. Marshall does work experience at Barney's company. (R) (T) 1.50 World Athletics Championships. Live coverage of the fifth day in Osaka, Japan. (T) 4.30 Close.

BBC3
7.00 Doctor Who 7.45 Doctor Who Confidential 8.00 Spendaholics 9.00 Outrageous Wasters 10.00 EastEnders 10.30 Family Guy 10.50 Family Guy 11.15 F*** Off, I'm a Hairly Woman 12.15 Two Pints of Lager and a Packet of Crisps 12.45 Two Pints of Lager and a Packet of Crisps 1.10 Outrageous Wasters 2.10 Spendaholics 3.05 Money We're Killing the Kids 4.05 Close

BBC4
7.00 World News Today 7.00 Weather 7.30 Proms on Four 2007 10.00 Life on Mars 11.00 Primate Primers 11.10 Galapagos 12.00 Lonesome George and the Battle for Galapagos 1.00 Nation on Film 1.30 Proms on Four 2007 3.55 Close

ITV2
1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.40 Ricki Lake 4.30 Sally Jessy Raphael 5.15 Airline 5.45 Judge Judy 7.00 The New Adventures of Superman 8.00 Supersize Kids: Britain's Tallest Teens 9.00 Film: American Pie 2 15 (2001) 11.00 Film: American Pie: The Wedding 15 (2003) 1.00 Glitterball: ITV Play 4.00 Teleshopping 6.00 Close

Sky One
1.00 Cold Case 2.00 Angel 3.00 Las Vegas 4.00 Stargate Atlantis 5.00 Stargate Atlantis 6.00 Malcolm in the Middle 6.30 Malcolm in the Middle 7.00 The Simpsons 7.30 The

Simpsons 8.00 The Simpsons 8.30 The Simpsons 9.00 The Simpsons 10.00 Road Wars 11.00 Street Wars 12.00 Son of the Dragon 1.00 Star Trek: The Next Generation 1.50 Star Trek: The Next Generation 2.40 Is Harry on the Boat? 3.30 Miami Uncovered 4.20 Dream Team 5.10 Taste

UKTV Gold
1.20 My Family 2.00 My Family 2.40 Only Fools and Horses 3.20 Only Fools and Horses 4.00 Doctor Who 5.00 Doctor Who 6.00 My Family 6.40 The Thin Blue Line 7.20 The Thin Blue Line 8.00 New Tricks 9.00 New Tricks 10.20 Jonathan Creek 11.30 Only Fools and Horses 12.35 Men Behaving Badly 1.15 Men Behaving Badly 1.50 Jack Dee's Happy Hour 2.25 Friday Night with Jonathan Ross 3.25 Wogan: Now and Then 4.15 Merseybeat 5.10 Neighbours 5.35 Neighbours

TCM
1.10 Mrs Brown, You've Got a Lovely Daughter U (1968) 3.00 Major Dundee PG (1965) 5.10 Mogambo PG (1953) 7.10 The Rounders PG (1965) 9.00 Ocean's 11 PG (1960) 11.15 Sweet Bird of Youth 15 (1962) 1.15 Parlor, Bedroom and Bath U (1931) 2.25 Teleshopping 2.40 The Treasure of the Sierra Madre PG (1948)

The Disney Channel
Kids' programmes from 7am, except: 8.00 Film: Read it and Weep U (2006) Family comedy, starring Kay Panabaker.

Pick of the Day

Shaun Williamson's Tough Gig (ITV1 Granada, 10pm)

This series hasn't exactly set the schedules on fire, which is a shame, as it's a chance to see some big names completely out of their comfort zone. This time around, it's the turn of ex-EastEnders and Extras star Shaun Williamson to step up to the mic and entertain the crowds with a bit of stand-up. The affable star was one of the most popular figures on the Walford-set soap, thanks to his character's hang-dog expression and golden heart. But in real life, Williamson is made of sterner stuff - he's wowed the crowds in the West End and belted out a tune or two on live telly for Comic Relief, so surely this will be a breeze? Perhaps not. His new social circle will be Paris Fashion Week, during which he'll don his best bib and tucker, get up close and personal with models and magazine editors - and hopefully garner enough material to leave them rolling in the aisles at the end of the week. There's no doubt Williamson's a talented chap, and he's even had previous experience of making audiences laugh, but his stomping ground is closer to working men's clubs than the catwalk. Can he shake off his 'stupid Barry' image once and for all, and strut his stuff with the elite of the fashion world?

C4

5.55 Inuk. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Frasier. (R) (T) 7.25 Big Brother's Little Brother. (T) 7.55 Big Brother. (R) (T) 8.55 T4: Beauty & the Geek: The Aftermath. (R) (T) 9.55 T4: Friends. (R) (T) 10.25 T4: Friends. (R) (T) 11.00 T4: Ugly Betty. (R) (T) 12.00 News at Noon. (T) 12.30 A Place in the Sun. (R) (T) 1.00 Room for Improvement. (R) (T) 1.30 FILM: Carrington VC (1954). Courtroom drama, starring David Niven. (T) (bw) 3.30 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 Richard & Judy. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: BBBBFF: Britain's Biggest Blogging Big Brother Fan. New series. A TV addict explores his Big Brother obsession. (T) 8.00 Jamie at Home. How to grow fruit and vegetables domestically. (T) 8.30 Cook Yourself Thin. Disillusioned slimmer Jiff Kenton. (T) 9.00 Big Brother. Highlights of the latest goings-on. (T) 10.00 Skins. Sid isn't fooled when Cassie tells everyone she is beating her eating disorder, and Michelle's mother returns to find her house destroyed by a party. Nicholas Hoult stars. (T) 11.05 Amir Khan's Angry Young Men. (T) 12.10 Premier League Poker. 1.10 Big Brother Live. 2.35 KOTV. (T) 3.05 Red Bull Air Race 2007. (R) (T) 3.55 FIA World Touring Car Championship. 4.25 The A-Z of Boxing. (T) 5.15 Richard & Judy. (R)

FIVE

6.00 Milkshake! Thomas & Friends. (R) (T) 6.10 Make Way for Noddy. (R) (T) 6.20 When I Grow Up. (R) (T) 6.25 Oswald. (R) (T) 6.35 Peppa Pig. (R) (T) 6.45 Funky Valley. (R) (T) 6.50 Franny's Feet. (R) (T) 7.05 Little Princess. (R) (T) 7.20 The Beeps. (R) (T) 7.30 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Fifi and the Flowerbuds. (R) (T) 8.15 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Miss Spider's Sunny Patch Friends. (R) (T) 8.50 Ebb and Flo. (R) (T) 9.00 House Doctor. (R) (T) 9.30 Doctor. (R) (T) 10.30 Trisha Goddard. (R) (T) 11.30 five news. (T) 12.00 Home and Away. (R) (T) 12.30 Dawson's Creek. (R) (T) 1.30 Russell Grant's Postcards. (R) (T) 1.40 FILM: Martin and Lewis (2002). Fact-based drama, starring Sean Hayes. (T) 3.40 five news update. (T) 3.45 FILM: Surrender, Dorothy (2006). Premiere. Emotional drama, starring Diane Keaton. (T) 5.30 five news; Weather. (T) 6.00 Home and Away. (T) 6.30 Monkey Life. (T) 7.00 five news. (T) 7.15 The Trench Detectives. The site of fighting in the Belgium town of Ypres. (R) (T) 8.00 Britain's Strongest Man. The competition gets more intense. (T) 9.00 CSI: Miami. A driver is decapitated while performing a stunt. (T) 10.00 CSI: NY. Mac, Hawkes and Lindsay investigate the death of a woman found on a subway train, while Danny and Stella visit the home of a playboy bachelor who drowned in his swimming pool. (R) (T) 11.00 Law & Order: Criminal Intent. (R) (T) 12.00 Shock Docs. (R) (T) 1.00 Football Italiano. 2.30 Qashqai Urban Challenge. 3.20 Seniors Golf. 4.00 Golf: The Challenge. 4.25 IndyCar Series. 5.05 V8 Supercars. 5.35 Race and Rally UK.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Dale's Supermarket Sweep. (T) 1.00 Have I Been Here Before? (T) 1.30 ITV Lunchtime News. (T) 2.00 60 Minute Makeover. (R) (T) 2.59 London Weather. (T) 3.00 Dickinson's Real Deal. (R) (T) 4.00 Heartbeat. (R) (T)

5.00 That Antony Cotton Show. Topical humour and celebrity interviews. (T)

6.00 London Tonight; Weather. (T)

6.30 ITV Evening News; Weather. (T)

7.00 Emmerdale. Billy learns Diane has gone to visit Bernice in Brighton and risks returning to prison by stealing a car to follow her. Lexi secures an invitation to a jewellery sale at Home Farm, giving her and Debbie ideas about staging a potentially lucrative heist, while Jimmy notices tension between Kelly and Carrie. (T)

7.30 The London Programme. Report on society's increasing reliance on technology, which has led some people toward a dangerous addiction. The programme meets people who have become slaves to the Internet to find out how it has affected their lives. (T)

8.00 Champions League Live. Liverpool v Toulouse (Kick-off 8.05pm). Steve Rider is joined by Andy Townsend to present coverage of the second leg of the third-round qualifier at Anfield. (T)

10.05 Shaun Williamson's Tough Gig. The actor and funnyman gets suited and booted to join the design divas at Paris Fashion Week, mingling with models and magazine editors to get behind the facade of the fashionistas. More familiar with performing in working men's clubs, Shaun hopes to shake off his "Ugly Barry" image and leave the haute couture audience in stitches with his stand-up comedy show. (T)

10.30 ITV News; Weather. (T) 11.05 Bouncers. An insight into the tactics adopted by old-style bouncers and the new breed of doormen, including a technique known as "switching", which they use to calm irate punters down. (T)

11.40 Crimefighters UK. Edinburgh police seize a large amount of cash when they raid the house of a suspected heroin dealer, and arrive just in time to stop a group of arsonists setting fire to a building. (R) (T)

12.05 Gitterball; (T) ITV News Headlines. 4.10 Kaiser Chiefs: In Profile. (R) (T) 4.35 Rob Thomas: In Profile. (R) (T) 5.00 ITV Nightscreen.

LOCAL

Best of the Rest

RTP1

0630 Bom Dia Portugal 1000
Praça da Alegria 1300 News
1410 Prova de Amor 1515 50
Visto e Amigos 1715 Lingo 1800
Portugal Em Direto 1905 O
Preço Certo 2000 News 2100
Centro de Saúde 2130 A
Herança 'De Verão' 2230
Paixões Proibidas 0045 The
Postman Always Rings Twice,
film TBA 0115 Greys Anatomy
0015 John Q. film 0215 Naked
Spur, film 0400 Telesales 0605
Nós

RTP2

0700 Euronews 0715 Zig Zag
1300 Discovery Hour 1400
Sociedade Civil 1530 Sim, Amor
1600 Zig Zag 1700 National
Geographic 1815 Diário de Sofia
1830 A Fé Dos Homens 1900 Sofia
1945 Zig Zag 2045 Todos Contas
o Chris 2115 National Geographic
2200 News 2240 ER 2330 Animais
Como nós 0030 Noites da 2 0115
Discovery Hour 0215 Câmara
Clara 0315 2010 0400 Sociedade
Civil 0615 Euronews

SIC

0700 Floribella 0830 Sic Kids
1100 Fatima 1300 News 1415
Eterna Magi 1445 O Profeta
1515 Contato 1800 Pé na Jaca
1900 Floribella 2000 News 2115
Chiquititas 2215 Paraíso
Tropical 2315 Vingança 0015
Desperate Housewives 0115
CSI Las Vegas 0215 Sex and
the City 0330 Olhar da Serpente
TV

0700 Diário Da Manhã 1000
Vozão na TV 1300 News 1400 As
Tardes da Júlia 1700 Quem
Quer Ganha 1800 Morangos
com Açúcar 2000 News 2115
Olha dos Amores 2215 Dope
Fugitiva 2315 Tu e Eu 0015 Nic
/ Tuck II 0115 The Tie That
Binds, film

BBC3

7.00 Doctor Who 7.45
Doctor Who Confidential
8.00 Spendaholics 9.00
Outrageous Wasters 10.00
EastEnders 10.30 Family
Guy 10.50 Family Guy
11.15 F*** Off, I'm a Hairly
Woman 12.15 Two Pints of
Lager and a Packet of
Crisps 12.45 Two Pints of
Lager and a Packet of
Crisps 1.10 Outrageous
Wasters 2.10 Spendaholics
3.05 Money We're Killing
the Kids 4.05 Close

BBC4

7.00 World News Today 7.00
Weather 7.30 Proms on
Four 2007 10.00 Life on
Mars 11.00 Primate Primers
11.10 Galapagos 12.00
Lonesome George and the
Battle for Galapagos 1.00
Nation on Film 1.30 Proms
on Four 2007 3.55 Close

ITV2

1.00 Emmerdale 1.30 The
Jeremy Kyle Show 2.35 The
Jeremy Kyle Show 3.40
Ricki Lake 4.30 Sally Jessy
Raphael 5.15 Airline 5.45
Judge Judy 7.00 The New
Adventures of Superman
8.00 Supersize Kids:
Britain's Tallest Teens 9.00
Film: American Pie 2 15
(2001) 11.00 Film: American
Pie: The Wedding 15 (2003)
1.00 Glitterball: ITV Play
4.00 Teleshopping 6.00
Close

Sky One

1.00 Cold Case 2.00 Angel
3.00 Las Vegas 4.00
Stargate Atlantis 5.00
Stargate Atlantis 6.00
Malcolm in the Middle 6.30
Malcolm in the Middle 7.00
The Simpsons 7.30 The

Simpsons 8.00 The
Simpsons 8.30 The
Simpsons 9.00 The Simpsons
10.00 Road Wars 11.00
Street Wars 12.00 Son of
the Dragon 1.00 Star Trek:
The Next Generation 1.50
Star Trek: The Next
Generation 2.40 Is Harry on
the Boat? 3.30 Miami
Uncovered 4.20 Dream Team
5.10 Taste

UKTV Gold

1.20 My Family 2.00 My
Family 2.40 Only Fools and
Horses 3.20 Only Fools and
Horses 4.00 Doctor Who
5.00 Doctor Who 6.00 My
Family 6.40 The Thin Blue
Line 7.20 The Thin Blue Line
8.00 New Tricks 9.00 New
Tricks 10.20 Jonathan Creek
11.30 Only Fools and Horses
12.35 Men Behaving Badly
1.15 Men Behaving Badly
1.50 Jack Dee's Happy Hour
2.25 Friday Night with
Jonathan Ross 3.25 Wogan:
Now and Then 4.15
Merseybeat 5.10 Neighbours
5.35 Neighbours

TCM

1.10 Mrs Brown, You've Got
a Lovely Daughter U (1968)
3.00 Major Dundee PG (1965)
5.10 Mogambo PG (1953)
7.10 The Rounders PG (1965)
9.00 Ocean's 11 PG (1960)
11.15 Sweet Bird of Youth
15 (1962) 1.15 Parlor,
Bedroom and Bath U (1931)
2.25 Teleshopping 2.40 The
Treasure of the Sierra Madre
PG (1948)

The Disney Channel

Kids' programmes from 7am,
except: 8.00 Film: Read it
and Weep U (2006) Family
comedy, starring Kay
Panabaker.

MOVIES

Sky Movies Drama

7.15 Ride to Freedom: The
Rosa Parks Story PG (2001)
9.05 Evita PG (1996) 11.25
Little Man Tate PG (1991)
With Jodie Foster. 1.20 The
Edge 15 (1997) With Anthony
Hopkins. 3.20 Evita PG
(1996) With Madonna. 5.40
Drama Close Up 6.10 Little
Man Tate PG (1991) With
Jodie Foster. 8.00 Ask the
Dust 15 (2006) With Salma
Hayek. 10.00 Brokeback
Mountain 15 (2005) With
Heath Ledger. 12.20 The
Edge 15 (1997) With Anthony
Hopkins. 2.20 Obsessed 12
(2002) With Jenna Elfman.
4.05 Little Man Tate PG
(1991)

Sky Movies Comedy

7.00 Wag the Dog 15 (1997)
8.40 Teen Wolf PG (1985)
10.15 Project: ALF PG
(1996) 11.55 Fun with Dick
and Jane 12 (2005) With Jim
Carrey. 1.35 Home Team PG
(1998) With Steve
Guttenberg. 3.10 Project:
ALF PG (1996) With Miguel
Ferrer. 4.45 Just Friends 12
(2005) With Ryan Reynolds.
6.25 Home Team PG (1998)
With Steve Guttenberg. 8.00

Fun with Dick and Jane 12
(2005) With Jim Carrey. 9.40
The Top 10 Show 10.00 Just
Friends 12 (2005) With Ryan
Reynolds. 11.40 Wag the Dog
15 (1997) With Dustin
Hoffman. 1.20 Crazy People
15 (1990) With Dudley Moore.
2.55 Bad Santa 15 (2004) With
Billy Bob Thornton. 4.40 Teen
Wolf PG (1985)

Sky Movies Action

6.15 Volcano: Fire on the
Mountain PG (1997) 8.00 The
Haunting of Helen Walker 15
(1995) 9.45 Shadow
Conspiracy 15 (1997) 11.40
XXX2: The Next Level 12
(2005) With Ice Cube. 1.35
Dragon Dynasty 12 (2006) With
Federico Castelluccio. 3.20
Revolver 15 (2005) With
Jason Statham. 5.15 Shadow
Conspiracy 15 (1997) With
Charlie Sheen. 7.00 XXX2:
The Next Level 12 (2005) With
Ice Cube. 9.00 Dragon
Dynasty 12 (2006) With
Federico Castelluccio. 10.35
Revolver 15 (2005) With
Jason Statham. 12.30 Sexual
Indiscretion 18 (2005) With
Christy Patrick. 2.00 Sleepers
18 (1996) With Brad Pitt. 4.35
Volcano: Fire on the Mountain
PG (1997)

Sky Sports 1

6.00 Soccer AM: The
Best Bits 7.00 WWE:
Afterburn 8.00 Big
League Weekend 9.30
Speedway 11.30
International Cricket
1.00 Soccer AM: The
Best Bits 2.00 Big
League Weekend 3.30
Soccer AM: The Best
Bits 4.30 Live Cricket.
Somerset Sabres v
Leicestershire Foxes.
Coverage continues on
Sky Sports 3. 7.30
Soccer Special 10.00
Revista De La Liga 11.00
A-League 11.30 Foot
Brazil 12.00 Carling Cup
Football 1.30 Revista De
La Liga 2.30 A-League
3.00 Foot Brazil 3.30
The Dogs 4.00 Close

Sky Sports 2

6.00 Aerobics Oz Style
6.30 Ocean 7.00
Aerobics Oz Style 7.30
Ocean 8.00
International Cricket
9.30 World Motor Sport
12.00 British
Superbikes 3.00
Speedway 5.00
European Seniors Tour
Golf 6.00 Foot Brazil
6.30 Revista De La Liga
7.30 Live Carling Cup
Football. Bristol Rovers
v West Ham United
(Kick-off 7.45pm).
10.00 Poker 12.00 NFL:
Total Access 1.00
European Challenge
Tour Golf 1.30 European
Seniors Tour Golf 2.30
Close

Sky Sports 3

9.00 Ocean 9.30 Show
Jumping 11.00 Aerobics
Oz Style 11.30 Racing
News 12.00 Ocean 12.30
Wild Spirits 1.00 NFL:
Total Access 2.00 Ocean
2.30 Show Jumping 4.00
NFL: Total Access 5.00
WWE: Smackdown 7.00
Ginetta Championship 7.30
Live Cricket. Somerset
Sabres v Leicestershire
Foxes. 10.00 European
Seniors Tour Golf 10.30
World Pool Masters 12.00
The Dogs 12.30 Sports
Unlimited 1.30 Ginetta
Championship 2.00 World
Pool Masters 2.30 Close

British Eurosport

7.30 US Open Tennis 8.30
WATTS 8.45 Eurogoals
9.30 Athletics 11.30 Live
Athletics. The fourth day
of the World
Championships. 2.30 Live
Cycling. The sixth stage
of the Eneco Tour. 3.00
US Open Tennis 4.00 Live
US Open Tennis. Coverage
of the second day's play
at Flushing Meadows.
12.30 In Close 2.00 Live
Athletics. The fifth day
of the World Championships.

Sky Sports Xtra

1.00 US Open Tennis 4.00
Live US Open Tennis. The
second day's play at
Flushing Meadows. 12.00
Live US Open Tennis.
Further coverage of the
men's and women's first
round. 4.00 Close

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HEALTH

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PAT Care

See page 22

BBC1

6.00 Breakfast. (T) 9.15 To Buy or Not to Buy. (R) (T) 10.00 Countryfile: The Summer Diaries; (T) BBC News; Weather. (T) 11.00 Escape to the Country. (T) 11.30 Bargain Hunt; (R) (T) BBC News; Weather. (T) 12.15 Cash in the Attic. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.40 Neighbours. (T) 2.05 Doctors. (T) 2.35 All Saints. (T) 3.20 BBC News; Weather; Regional News. (T) 3.25 CBBC: Pitt & Kantrop. (R) (T) 3.50 The Cramp Twins; (R) (T) Diddy Dick & Dom. (R) (T) 4.05 What's New Scooby-Do? (R) (T) 4.30 Evacuation. (R) (T) 5.00 Beat the Boss. (R) (T) 5.25 Newsround. (T)

5.35 Neighbours. Elle is thrilled when Paul regains consciousness after his operation - but her joy turns to horror when she realises he has lost his memory. Carmella gives Oliver an ultimatum over their relationship, while Pepper is shocked by a revelation from her counsellor. (R) (T) 6.00 BBC News; Weather. (T) 6.30 Regional News Programmes; Weather. (T) 7.00 The ONE Show. (T) 7.30 Super Vets. A seven-month-old bichon frise named Louis undergoes open-heart surgery. The team also treat a horse struggling to breathe, and a monkey with a suspicious lump on its hand is suspected of having cancer. (R) (T)

8.00 The Best of Rogue Traders. Highlights of the investigation show in which Matt Allwright exposes unscrupulous businessmen who take customers for a ride. With the help of his motorbiking companion Dan Penleado and the use of hidden cameras, he confronts the common and demands justice. (T)

9.00 Silent Witness. Part two of two. With Harry's attempts to prove the pilot innocent bordering on obsession, the man's father asks him to perform an independent autopsy. Nikki identifies the detention centre victim but realises that by doing so she may have put his daughter in danger with his enemies. (T)

10.00 BBC News at Ten O'Clock. (T)

10.30 Regional News; Weather. (T)

10.35 The National Lottery Draws. More fortunes are made as the balls are set rolling to decide the all-important numbers. Presented by Scott Mills. (T)

10.40 Outnumbered. The problems mount for Mum and Dad as seven-year-old Ben further develops his talent for lying and their daughter outwits them in continuous negotiations over what she will eat. The man of the house also gets embroiled in a job-threatening controversy at school, while his wife starts a feud with her sister. (T)

11.10 FILM: My Boss's Daughter (2003). Premiere. Romantic comedy, starring Ashton Kutcher; (T) National Lottery Update and Weatherview. 12.45 Sign Zone: Ganges. (R) (T) 1.35 Sign Zone: India with Sanjeev Bhaskar. (R) (T) 2.35 Sign Zone: Indian Food Made Easy. (R) (T) 3.05 Sign Zone: How to Live Longer. (R) (T) 3.50 BBC News 24. (T)



BBC2

6.00 CBeebies: Fimbles. (R) (T) 6.20 The Story Makers; (R) (T) Tweenies Songtime. (R) (T) 6.35 Balamory. (R) (T) 7.00 Nina and the Neurons. (R) (T) 7.15 Charlie and Lola. (R) (T) 7.30 In the Night Garden. (R) (T) 8.00 CBBC: Do Something Different. (T) 8.45 Mona the Vampire. (R) (T) 8.55 Bring It On. (R) (T) 9.20 Time Warp Trio. (R) (T) 9.45 Whizz Whizz Bang Bang. (R) (T) 10.15 Krypto the Superdog. (R) (T) 10.35 Even Stevens. (R) (T) 11.00 World Athletics Championships. The concluding events on day five at the Nagai Stadium in Osaka, Japan. (T) 2.45 Escape to the Country. (R) (T) 3.45 Flog It! (T) 4.30 Ready, Steady, Cook. (T) 5.15 Identity. (T) 6.00 Eggheads. (T) 6.30 Kitchen Criminals. (T) 7.00 World Athletics Championships. The fifth day's events at the Nagai Stadium in Osaka, Japan. (T) 7.30 Rick Stein's French Odyssey. The chef serves grilled sardines in Narbonne. (R) (T) 8.00 The Restaurant. (T) 9.00 Heroes. Claire uncovers the truth behind the missing video tape. (T) 9.45 Heroes Unmasked. A look at Niki Sanders and her alter ego. (T) 10.00 Best of Tillybangbang. New series. Compilation of sketches from the comedy show. The semi-nude ladies sewing group go camping and Carol hopes a toy boy will help her get on the Jeremy Kyle Show. (T) 10.30 Newsnight; Weather. (T) 11.20 FILM: Brazil (1985). Black comedy, starring Jonathan Pryce. (T) 1.35 Arrested Development. (R) (T) 2.00 How I Met Your Mother. Robin invites Ted to her flat. (R) (T) 2.20 BBC News 24. (T) 3.50 Close.

Pick of the Day

The Restaurant (BBC2, 8pm)

How many times have you sat at a table in a restaurant and thought 'I could do this'? Well, for nine lucky couples, the dream is about to become a reality. Top chef and restaurateur Raymond Blanc is not only overseeing this new series - he's prepared to put his money where his mouth is. He will be testing the couples to breaking point - and beyond - to find out who has what it takes to run their own eatery. Every decision, both good or bad, every mistake and every triumph will be recorded by the cameras as each duo does their utmost to prove they can make Raymond proud. But it's not just a display of culinary skill that will be on the menu. The establishment also needs someone who can run the front of house, demonstrate their ability to keep cool under pressure and ensure customer satisfaction is delivered time after time. Each week, Raymond will put the three worst-performing restaurants under the spotlight, and the eventual losing couple will be eliminated. Among those taking part in the challenge are a prison caterer and his fiancée, a couple who run a market food stall, a pair of children's entertainers, and a jazz drummer and his actress/waitress wife.

C4

6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Frasier. (R) (T) 7.25 Big Brother's Little Brother. (T) 7.55 Big Brother. (R) (T) 8.55 T4: Beauty & the Geek. (R) (T) 9.55 T4: Friends. (R) (T) 10.25 T4: Friends. (R) (T) 11.00 T4: Ugly Betty. (R) (T) 12.00 News at Noon. (R) (T) 12.30 A Place in the Sun. (R) (T) 1.00 Room for Improvement. (R) 2.00 FILM: Death Drums Along the River (1963). Murder mystery, starring Richard Todd. (T) 3.30 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 Richard & Judy. (T) 6.00 The Simpsons. Part two of two. The would-be killer is revealed. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: BBBBFF: Britain's Biggest Blogging Big Brother Fan. What it is like at a Big Brother eviction. (T) 8.00 Supernanny. New series. Jo Frost helps a couple who have struggled to deal with their aggressive four-year-old since losing their second child to cot death. (T) 9.00 Big Brother. The latest action. (T) 10.00 Brothers & Sisters. Kevin falls for a soap opera actor who's confused about his own sexuality. Nora and Kitty regret being persuaded to visit an executive matchmaker. Jason Lewis guest stars. (T) 11.00 Will & Grace. (T) 11.30 Will & Grace. (T) 11.55 Festival Postcards: Leeds Festival. 12.10 The Friday Night Project. (R) (T) 1.15 Big Brother Live. 3.55 Adrenaline Rush. (R) 4.20 Richard & Judy. (R) 5.10 Countdown. (R) (T)

FIVE

6.00 Milkshake! Thomas & Friends. (R) (T) 6.10 Make Way for Noddy. (R) (T) 6.20 When I Grow Up. (R) (T) 6.25 Oswald. (R) (T) 6.35 Peppa Pig. (R) (T) 6.45 Funky Valley. (R) (T) 6.50 Franny's Feet. (R) (T) 7.05 Little Princess. (R) (T) 7.20 The Beeps. (R) (T) 7.30 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Fifi and the Flowerpots. (R) (T) 8.15 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Miss Spider's Sunny Patch Friends. (R) (T) 8.50 Ebb and Flo. (R) (T) 9.00 House Doctor. (R) (T) 9.30 Doctor, Doctor. (T) 10.30 Trisha Goddard. (R) (T) 11.30 five news. (T) 12.00 Home and Away. (R) (T) 12.30 Dawson's Creek. (R) (T) 1.30 Russell Grant's Postcards. (R) (T) 1.40 FILM: Wounded Heart (1995). Emotional drama, with Paula DeVico. (T) 3.35 five news update. (T) 3.40 FILM: Baby for Sale (2004). Fact-based drama, starring Dana Delany. (T) 5.30 five news; Weather. (T) 6.00 Home and Away. (T) 6.30 Monkey Life. (T) 7.00 five news. (T) 7.15 David Beckham's Soccer USA. An inside look at Major League Soccer; (T) 7.15 five news update. 8.00 Britain's Strongest Man. The contest reaches its half-way point; (T) 8.00 five news at 9. 9.00 FILM: The Devil's Own (1997). Harrison Ford and Brad Pitt star in this unconvincing thriller about a kindly New York cop who learns his new friend is actually an Irish terrorist. With Margaret Colin. (T) 11.10 Crimes That Shook the World. (T) 12.10 Poker World Open III. 1.40 Major League Baseball. As-live coverage of another top game. 5.00 Dutch Football.

LOCAL

RTPI
0630 Bom dia Portugal 1000 Praça da Alegria 1300 News 1410 Prova de Amor 1515 Só Visto e Amigos 1715 Lingo 1800 Portugal em Idrecho 1905 O Prepo Certo 2000 News 2100 Em Reportagem 2120 O Planeta Agradece 2130 A Herança de Verão 0045 Body Heat, film 0230 Seán O'Keefe in Tibet, film 0400 Telesales

RTPI2
0700 euronews 0715 Zig Zag 1300 Discovery Hour 1400 Sociedade Civil 1530 Sim, Amor 1600 Zig Zag 1700 National Geographic 1815 Diário de Sofia 1830 a Fé dos Homens 1900 Biosfera 1945 Zig Zag 2045 Todos Contra o Chris 2115 national Geographic 2200 News 2240 24 2315 Bastidores 2330 Clube de Jornalistas 0030 Noites da 2 0115 Discovery Hour 0215 Consigo 0245 Bastidores 0315 Biosfera 0400 Sociedade Civil 0600 Euronews

SIC
0700 Floribella 0830 Sic Kids 1100 Fatima 1300 News 1415 Eterna Magi 1445 O Profeta 1515 Contacto 1800 Pé na Jaca 1900 Floribella 2000 News 2115 Chiquititas 2215 Paraíso Tropical 2315 Vingança 0015 Shark 0115 CSI Las Vegas 0215 Sex and the City 0330 Olhar da Serpente

TVI
0700 Diário Da Manhã 1000 Você na TV 1300 News 1400 As Tardes da Júlia 1700 Que Quer Ganha 1800 Morangos com Açúcar - Férias de Verão 2000 News 2115 Ilha dos Amores 2215 Doce Fugitiva 2315 Tu e Eu 0015 Teatro: Memória da Água 0230 Toca a Ganhar 0345 TVI Negócios 0400 O Portector IV 0500 Telesakes

Best of the Rest

BBC3
7.00 Doctor Who 7.50 Doctor Who Confidential 8.00 Film: Down with Love 12 (2003) 9.40 Gaffes 12.00 Heroes 10.45 The Real Hustle 11.15 Film: Red Sonja 15 (1985) 12.40 Two Pints of Lager and a Packet of Crisps 1.10 Two Pints of Lager and a Packet of Crisps 1.35 F*** Off, I'm Small 2.30 Outrageous Wasters 3.30 Close

BBC4
7.00 World News Today 7.00 Weather 7.30 Wainwright Walks 8.00 Storyville: When the Levees Broke - A Requiem in Four Acts: Acts I & II 10.10 Storyville: When the Levees Broke - A Requiem in Four Acts: Acts III & IV 12.00 Wildlife in a War Zone 1.20 The Cultured Ape 2.20 Last Roar of the Taiga 3.20 Ellen MacArthur and the Albatross 3.40 Close

ITV2
1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.40 Ricki Lake 4.30 Sally Jessy Raphael 5.15 Airline 5.45 Judge Judy 7.00 The New Adventures of Superman 8.00 Jack Osbourne - Adrenaline Junkie 9.00 Film: American Pie: The Wedding 15 (2003) 11.00 Coronation Street 11.30 Film: There's Something About Mary 15 (1998) 1.45 Glitterball: ITV Play 4.00 Teleshopping 6.00 Close

Sky One
1.00 Cold Case 2.00 Angel 3.00 Las Vegas 4.00

Stargate Atlantis 5.00 Stargate Atlantis 6.00 Malcolm in the Middle 6.30 Malcolm in the Middle 7.00 The Simpsons 7.30 The Simpsons 8.00 Diana - Her Last 10 Days in Pictures 9.00 Bones 10.00 Law & Order 11.00 Cold Case 12.00 Star Trek: The Next Generation 12.50 Star Trek: The Next Generation 1.40 Angel 2.40 Is Harry on the Boat? 3.30 Miami Uncovered 4.20 Dream Team 5.10 Taste

UKTV Gold
1.20 My Family 2.00 My Family 2.40 Only Fools and Horses 3.20 Only Fools and Horses 4.00 Doctor Who 5.00 Doctor Who 6.00 My Family 6.40 The Thin Blue Line 7.20 The Thin Blue Line 8.00 New Tricks 9.00 The Vicar of Dibley 9.55 Only Fools and Horses 11.00 The Catherine Tate Show 11.40 Only Fools and Horses 12.45 Men Behaving Badly 1.25 Jack Dee's Happy Hour 2.00 Friday Night with Jonathan Ross 3.00 As Time Goes By 3.30 Miss Marple 5.10 Neighbours 5.35 Neighbours

TCM
3.00 Willy Wonka and the Chocolate Factory PG (1971) 5.15 Murder by Death PG (1976) 7.05 White Heat PG (1949) 9.00 Absence of Malice PG (1981) 11.40 Ryan's Daughter 15 (1970) 2.50 Teleshopping 3.10 Hot Millions U (1968)

The Disney Channel
Kids' programmes from 7am, except: 8.00 Film: Wendy Wu: Homecoming Warrior PG (2006) Adventure, starring Brenda Song.

MOVIES

Sky Movies Drama

6.00 The Sign of Four PG (2001) 7.45 The Patron Saint of Liars PG (1997) 9.30 The Clinic PG (2004) 11.10 One Special Night PG (1999) With James Garner. 12.55 The Sign of Four PG (2001) With Matt Frewer. 2.35 Just Like Heaven PG (2005) With Reese Witherspoon. 4.20 United 93 15 (2006) With Christian Clemenson. 6.20 One Special Night PG (1999) With James Garner. 8.00 Just Like Heaven PG (2005) With Reese Witherspoon. 9.45 United 93 15 (2006) With Christian Clemenson. 11.45 Kundun PG (1997) With Tenzin Thuthob Tsarong. 2.05 The Tie That Binds 18 (1995) With Daryl Hannah. 3.50 Our America 15 (2002) 5.30 The Sign of Four PG (2001)

Sky Movies Comedy

6.20 Whiskey Down 15 (1995) 8.00 Bad Manners 15 (1997) 9.40 Kiss Me, Stupid PG (1964) 11.50 The Silence of the Hams 15 (1993) With Billy Zane. 1.20 Wedding Crashers 15 (2005) With Owen Wilson. 3.25 In Her Shoes 12 (2005) With Cameron Diaz. 5.40 Comedy Close Up

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcast in stereo;

(bw) - black and white.

Sky Movies Action

6.10 Princess Caraboo PG (1994) With Phoebe Cates. 8.00 Wedding Crashers 15 (2005) With Owen Wilson. 10.00 In Her Shoes 12 (2005) With Cameron Diaz. 12.15 Whiskey Down 15 (1995) With Sean Patrick Flanery. 1.50 Bad Manners 15 (1997) With David Strathairn. 3.25 The Silence of the Hams 15 (1993) 4.50 Princess Caraboo PG (1994)

Sky Movies Action

6.20 Above Suspicion 15 (2000) 8.15 Action & Thriller Close Up 8.45 Young Guns II: Blaze of Glory 15 (1990) 10.45 Conan the Barbarian 15 (1981) 1.00 Four Brothers 15 (2005) With Mark Wahlberg. 2.50 Young Guns II: Blaze of Glory 15 (1990) With Emilio Estevez. 4.40 Stealth 12 (2005) With Jamie Foxx. 6.50 Conan the Barbarian 15 (1981) With Arnold Schwarzenegger. 9.00 Four Brothers 15 (2005) With Mark Wahlberg. 10.50 Stealth 12 (2005) With Jamie Foxx. 12.50 Bulletproof 18 (1996) With Adam Sandler. 2.15 The Passion of Darkly Noon 15 (1995) With Brendan Fraser. 4.10 Angel Flight Down PG (1996) 5.55 Action & Thriller Close Up

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Dale's Supermarket Sweep. (T) 1.00 Have I Been Here Before? (T) 1.30 ITV Lunchtime News. (T) 2.00 60 Minute Makeover. (R) (T) 2.59 London Weather. (T) 3.00 Dickinson's Real Deal. (R) (T) 4.00 Heartbeat. (R) (T)

5.00 That Antony Cotton Show. The Coronation Street actor presents topical humour and celebrity interviews. (T)

6.00 London Tonight; Weather. (T) 6.30 ITV Evening News; Weather. (T) 7.00 Emmerdale. Lexi, Debbie and Chas make plans to steal jewellery from the sale at Home Farm, while Lisa and Zak are upset to learn about Belle's party. Billy tries to explain his actions to Daz. (T)

7.30 Coronation Street. Roy accompanies Hayley to her aunt's funeral, where they are greeted with hostility, and a family gift from Uncle Bert of a jewellery box containing letters and photographs of herself as Harold brings Hayley's past flooding back. Casey asks Ashley to give her another chance and Norris confides in Doreen. (T)

8.00 The Bill. Terry investigates a loan shark accused of using strong-arm tactics to collect the extortionate repayments she demands. Stories about her employing a vicious thug to make acid attacks on the families of debtors prove all too true and Beth finds herself in danger when the ruffian is cornered. Meanwhile, a Ukrainian woman with no passport or visa is taken to hospital following a road accident but runs away before Sally can get the full story. (T)

9.00 Crash Scene Investigators. New series following police investigators in Devon and Cornwall as they attempt to determine the cause of road accidents, beginning with cases including a fatal incident involving a 19-year-old disqualified driver. Also featured is a crash on Torquay sea front involving three young men whose car skidded off the road and smashed into a tree. (T)

10.00 Ann Widdecombe Versus the Truants. Ann asks what can be done to address the problem of children who flatly refuse to attend school, assessing the feasibility of solutions including special truancy units. Last in series. (T)

10.30 ITV News; Weather. (T) 11.00 Carling Cup Highlights. Matt Smith is joined by Robbie Earle to present action from this week's second-round ties, as the majority of Premier League clubs enter the fray and take on Football League opposition. Commentary by Jon Champion and John Rawling.

12.00 Glitterball; (T) ITV News Headlines. 4.05 The Jeremy Kyle Show. (R) (T) 5.00 ITV Nightscreen.

SPORT

Sky Sports 1

6.00 Revista De La Liga 7.00 WWE: Heat 8.00 Carling Cup Football 9.30 Foot Football 10.00 Revista De La Liga 11.00 POKER 1.00 Carling Cup Football 2.30 Revista De La Liga 3.30 Foot Brazil 4.00 A-League 4.30 Live Cricket. Hampshire Hawks v Warwickshire Bears. Coverage continues on Sky Sports 3. 7.30 Soccer Special 10.00 You're on Sky Sports! 11.30 FIFA Futbol Mundial 12.00 Transworld Sport 1.00 Carling Cup Football 2.30 POKER 4.30 You're on Sky Sports!

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Ocean 7.00 Aerobics Oz Style 7.30 Ocean 8.00 Sports Unlimited 9.00 Ocean 9.30 Ginetta Championship 10.00 European Challenge Tour Golf 10.30 Powerboating 11.30 European Seniors Tour Golf 12.30 European Challenge Tour Golf 1.00 Powerboating 1.30 Ginetta Championship 2.00 World Pool Masters 3.00 European Seniors Tour Golf 4.00 European Challenge Tour Golf 4.30 NFL: Total Access 5.30 The Dogs 6.00 A-League 6.30 FIFA Futbol Mundial 7.00 Live Carling Cup Football. Bristol City v Manchester City (Kick-off: 7.45pm). 10.00 Watersports World 11.00 Ocean 11.30 Wild Spirits 12.00 NFL: Total Access 1.00 Total Rugby 1.30 European Tour Weekly 2.00 Close

British Eurosport

5.00 Close 7.30 US Open Tennis 8.30 Olympic Magazine 9.00 Rallying 9.30 World Touring Car Championship 10.00 Athletics 11.30 Live Athletics. The World Championships. 2.30 Live Cycling. The final stage of the Eneco Tour. 3.30 US Open Tennis 4.00 Live US Open Tennis. The third day at Flushing Meadows. 12.30 Close

Sky Sports Xtra

1.00 US Open Tennis 4.00 Live US Open Tennis. The third day at Flushing Meadows. 12.00 Live US Open Tennis. The third day's play from Flushing Meadows. 4.00 Close

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BBC1

6.00 Breakfast. (T) 9.15 To Buy or Not to Buy. (R) (T) 10.00 Countryfile: The Summer Diaries; (T) BBC News; Weather. (T) 11.00 Escape to the Country. (T) 11.30 Bargain Hunt; (R) (T) BBC News; Weather. (T) 12.15 Cash in the Attic. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.40 Neighbours. (T) 2.05 Doctors. (T) 2.35 All Saints. (T) 3.20 BBC News; Weather; Regional News. (T) 3.25 CBBC: Pitt & Kantrop. (R) (T) 3.50 The Cramp Twins. (R) (T) Diddy Dick & Don. (R) (T) 4.05 What's New Scooby-Do? (R) (T) 4.30 Evacuation. (R) (T) 5.00 Best of Friends. (R) (T) 5.25 Newsround. (T)

5.35 Neighbours. Lucia warns Rosie not to marry Frazer after discovering he is a wheelchair user, while Elle wonders how much to tell Paul about his past. Janae grows increasingly dependent on Ned. (R) (T)

6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 The ONE Show. (T)
7.30 EastEnders. Carly's opinions change when Sean

makes a devastating confession, and Deano and Chelsea fear for their own safety. Minky prepares to make a grand gesture and Libby is disappointed when Darren fails to show up on the day of their GCSE results. Peggy is horrified by the scene that greets her on her return to the Vic. (T)

8.00 What Not to Wear. New series. Singer Mica Paris and supermodel Lisa Butcher return to dispense fashion advice to members of the public, beginning with sets of twins who have identical dress sense. Mary and Nancy work for the same company, live together and often wear matching outfits, while Pippa and Jenny are fond of baggy clothes and fleeces. However, the experts surprise the women by choosing to transform just one sister from each pair. (T)

9.00 Panorama. Reporters spend 17 months infiltrating dog-fighting gangs in the UK and Europe, capturing footage of the events and discovering how American pitbull terriers are being sold back into Britain. The programme examines cases where children have fallen victim to attacks by the breed, including five-year-old Ellie Lawrenson, who was killed on New Year's Day, and asks whether laws banning them have completely failed. (T)

10.00 BBC News at Ten O'Clock. (T)
10.30 Regional News; Weather. (T)
10.35 Outnumbered. Mum tries to keep the peace between Auntie, Grandfather and the three children when their car gets stuck in traffic, while Dad finds himself waiting outside the headmaster's office after making an ill-advised joke. Back at the farm, discussions about death, racism and bird flu lead to raised tempers boiling over in the gift shop. (T)

11.05 FILM: The Bachelor (1999). Romantic comedy, starring Chris O'Donnell. (T) Holiday Weather. 12.45 Sign Zone: Weekend 'Nazis'. (R) (T) 1.15 Sign Zone: Saira Khan's Pakistan Adventure. (R) (T) 2.15 Sign Zone: Cooking in the Danger Zone. (R) (T) 3.15 Sign Zone: How to Live Longer. (R) (T) 4.00 BBC News 24. (T)

LOCAL

RTP1
0630 Bom Dia Portugal 1000
Praça da Alegria 1300 News 1410 Prova de Amor 1515 Só Visto e Amigos 1715 Lingo 1800 Portugal em Directo 1905 O Preto Certo 2000 News 2100 Diana's Last Days, special 2200 Paixões Proibidas 2250 Debate da Nação 2350 Film TBA 0115 Caroten, film 0315 Décalage Horaire, film 0430 Teleseals

RTP2
0700 Euronews 0715 Zig Zag 1300 Discovery Hour 1400 Sociedade Civil 1530 Sim Amor 1600 Zig Zag 1700 National Geographic 1815 Diário de Sofia 1830 A Fé dos Homens 1900 Iniciativa 1945 Zig Zag 2045 Todos Contra o Chris 2145 National Geographic 2200 News 2240 My Name is Earl 2330 Animais Como Nós 0030 Noites da 2 0130 Roma 0230 Iniciativa 0415 Sociedade Civil 0545 Euronews

SIC
0700 Floribella 0830 Sic Kids 1100 Fatima 1300 News 1415 Eterna Magi 1445 O Profeta 1515 Contacto 1800 Pé na Jaca 1900 Floribella 2000 News 2115 Chiquititas 2215 Paraíso Tropical 2315 Vingança 0015 CSI New York 0115 CSI Las Vegas 0245 Sex in the City 0315 Film TBA

TVI
0700 Diário Da Manhã 1000 Vóce na TV 1300 News 1400 Tarde de Julia 1700 Quem Quer Ganhar 1800 Morangos Com Açúcar 2000 News 2115 Ilha dos Amores 2215 Doce Fugitiva 2330 Tu e Eu 0100 Oescritório 0200 Cartaz das Artes 0230 Toca a Ganhar 0345 TVI Negócios 0400 Protector IV 0445 Teleseals

Best of the Rest

BBC3
7.00 Doctor Who 8.00 Honey We're Killing the Kids 9.00 The Restaurant: You're Fried! 9.30 The Real Hustle 10.00 EastEnders 10.30 The Visit 11.00 The Great Spermin Crisis 12.00 Two Pints of Lager and a Packet of Crisps 12.30 Two Pints of Lager and a Packet of Crisps 1.00 The Visit 1.30 The Real Hustle 2.00 The Great Spermin Crisis 3.00 Honey We're Killing the Kids 4.00 Close

BBC4
7.00 World News Today 7.00 Weather 7.30 Natural World 8.30 100 Years of Wildlife Films 10.30 Natural World 11.20 Wildlife Special 12.10 Storyville: Darwin's Nightmare 1.50 The Wild Life of Gerald Durrell 2.55 Natural World Symphony 3.55 Close

ITV2
1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.40 Ricki Lake 4.30 Sally Jessy Raphael 5.15 Airline 5.45 Judge Judy 7.00 The New Adventures of Superman 8.00 Victoria Beckham: Coming to America 9.00 Film: There's Something About Mary 15 (1998) 11.15 101 Sexiest Celebrity Bodies 12.15 Keane: In Profile 12.45 Franz Ferdinand: In Profile 1.15 Make Your Play: ITV Play 4.00 Teleshopping 6.00 Close

Sky One
1.00 Cold Case 2.00 Angel 3.00 Las Vegas 4.00 Stargate Atlantis 5.00 Stargate Atlantis 6.00 Malcolm in the Middle 6.30 Malcolm in the Middle 7.00 The Simpsons



BBC2

6.00 CBeebies: Fimbles. (R) (T) 6.20 The Story Makers; (R) (T) Tweenies Songtime. (R) (T) 6.35 Balamory. (R) (T) 7.00 Nina and the Neurons. (R) (T) 7.15 Charlie and Lola. (R) (T) 7.30 In the Night Garden. (R) (T) 8.00 CBBC: Do Something Different. (T) 8.45 Mona the Vampire. (R) (T) 8.55 Bring It On. (R) (T) 9.20 Time Warp Trio. (R) (T) 9.45 Whizz Whizz Bang Bang. (R) (T) 10.15 Krypto the Superdog. (R) (T) 10.35 Even Stevens. (R) (T) 11.00 The Munsters. (R) (T) (bw) 11.25 World Athletics Championships. Day six at the Nagai Stadium in Osaka, Japan. (T) 2.45 Escape to the Country. (R) (T) 3.45 Flight III 4.30 Ready, Steady, Cook. (T) 5.15 Identity. (T) 5.00 Eggheads. (T) 6.30 Kitchen Criminals. (T) 7.00 World Athletics Championships. Highlights from day six at the Nagai Stadium in Osaka, Japan. (T) 7.30 Rick Stein's French Odyssey. The chef celebrates Bastille Day. (R) (T) 8.00 The Restaurant. (T) 9.00 Mock the Week. Typical quiz show, with Dara O'Brian. (T) 9.30 Saxondale. Tommy and Raymond go out shooting pigeons and save a man from committing suicide. However, as they try to change his outlook on life, the pair find his depression becomes contagious. (T) 10.00 That Mitchell and Webb Look. Comedy sketch series, with Robert Webb and David Mitchell. (R) (T) 10.30 Newsnight; Weather. (T) 11.20 Heroes. (R) (T) 12.05 FILM: The Sorcerers (1967). Horror, starring Boris Karloff. (T) (bw) 1.25 Arrested Development. (R) (T) 1.50 How I Met Your Mother. (R) (T) 2.10 BBC News 24. 4.00 Close.

7.30 The Simpsons 8.00 The Simpsons 8.30 The Simpsons 9.00 Las Vegas 10.00 Cold Case 11.00 Cold Case 12.00 Cold Case 1.00 Star Trek: The Next Generation 1.50 Star Trek: The Next Generation 2.40 Is Harry on the Boat? 3.30 Miami! Uncovered 4.20 Dream Team 5.10 Taste UKTV Gold 1.20 My Family 2.00 My Family 2.40 Only Fools and Horses 3.20 Only Fools and Horses 4.00 Doctor Who 5.00 Doctor Who 6.00 My Family 6.40 The Thin Blue Line 7.20 The Thin Blue Line 8.00 New Tricks 9.00 The Vicar of Dibley 9.40 Only Fools and Horses 10.40 Starstruck Classics 10.50 Jack Dee's Happy Hour 11.30 Prison Break 12.30 Prison Break 1.30 Jack Dee's Happy Hour 2.05 As Time Goes By 2.35 2point4 Children 3.05 One Foot in the Grave 3.40 Some Mothers Do 'Ave 'Em 4.10 EastEnders 4.45 Merseybeat 5.35 Neighbours TCM 1.30 Lili U (1953) 3.00 Moonstruck PG (1987) 4.55 Without Love PG (1945) 7.00 Somebody Up There Likes Me PG (1956) 9.00 Twelfth Night PG (1996) 12.00 Hit Man 15 (1972) 1.30 All About Betty: The Life and Films of Betty Davis 2.25 Teleshopping 2.40 The Fixer 15 (1968) The Disney Channel Kids' programmes from 7am, except: 8.00 Film: Get a Clue U (2002) Children's adventure, starring Lindsay Lohan.

Pick of the Day

What Not to Wear (BBC1, 8pm)
Mica Paris and Lisa Butcher are back with a new run of the phenomenally successful series in which they dispense words of wisdom to individuals in the middle of a fashion crisis. The opening edition of the latest run gets things off to a cracking start, as hordes of identical twins descend on the WNTW house. Sadly, the vast majority of them will be turned away by our experts, leaving an expectant shortlist. Nancy and Mary not only work for the same company, but their families share the same house. The women wear the same outfits and even dress their children identically. Meanwhile, Pippa and Jenny have no trouble with their figures - it's just no one else is allowed to see them, as they usually swathe themselves in acres of blue fleece. However, in a shocking twist, instead of picking a pair of twins, Lisa and Mica select just one from each group. The announcement really puts the cats among the pigeons and tears and tantrums follow, but how well each lady feels about herself after the makeover is complete, and what will their new looks say about their relationship with their twin? The result is an amazing insight into the bond between siblings, and how we function as individuals.

C4

5.55 Inuk. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Frasier. (R) (T) 7.25 Big Brother's Little Brother. (T) 7.55 Big Brother. (R) (T) 8.55 T4: Beauty & the Geek. (R) (T) 9.15 T4: Friends. (R) (T) 10.25 T4: Friends. (R) (T) 11.00 T4: Ugly Betty. (R) (T) 12.00 News at Noon. (T) 12.30 A Place in the Sun. (R) (T) 1.00 Room for Improvement. (R) (T) 1.30 3 Minute Wonder: Little Worlds. (R) (T) 1.35 FILM: A Letter to Three Wives (1949). Comedy, starring Jeanne Crain. (T) (bw) 3.30 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 Richard & Judy. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. Jessica hopes her money worries are at an end. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: BBBBFF: Britain's Biggest Blogging Big Brother Fan. TV addicct Chris Neadham looks back at the reality show. (T) 8.00 10 Years Younger Summer Special. Nicky Hambleton-Jones comes to the aid of a woman from Oxfordshire who took drastic steps to slim down after reaching a size 32, but has been left with sagging excess skin. (T) 9.00 Big Brother. Highlights from the housemates' past 24 hours inside the Big Brother compound, as the competition nears its conclusion. (T) 10.00 8 Out of 10 Cats: Big Brother Special. With evictees from this year's reality show. (T) 10.35 My Name Is Earl. (T) 11.05 Sex Change Hospital. (T) 12.05 Big Brother Live. 2.40 FILM: Your Friends and Neighbours (1998). Disturbing drama, starring Jason Patric. (T) 4.20 Richard & Judy. (R) 5.10 Countdown. (R) (T)

FIVE

6.00 Milkshake! Thomas & Friends. (R) (T) 6.10 Make Way for Noddy. (R) (T) 6.25 Oswald. (R) (T) 6.35 Peppa Pig. (R) (T) 6.45 Funky Valley. (R) (T) 6.50 Franny's Feet. (R) (T) 7.05 Little Princess. (R) (T) 7.20 The Beeps. (R) (T) 7.30 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Fifi and the Flowerluts. (R) (T) 8.15 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Old Bear Stories. (R) (T) 8.50 Ebb and Flo. (R) (T) 9.00 House Doctor. (R) (T) 9.30 Doctor Doctor. (T) 10.30 Trisha Goddard. (R) (T) 11.30 five news. (T) 12.00 Home and Away. (R) (T) 12.30 Dawson's Creek. (R) (T) 1.30 Russell Grant's Postcards. (R) (T) 1.35 FILM: The Cincinnati Kid (1965). Gambling drama, starring Steve McQueen; (T) five news update. (T) 3.30 FILM: First Daughter (1999). Adventure, starring Mariel Hemingway. (T) 5.30 five news; Weather. (T) 6.00 Home and Away. (T) 6.30 Monkey Life. (T) 7.00 five news. (T) 7.10 Britain's Strongest Man. The final of the contest is in sight as the remaining competitors flex their muscles in events including the Safe Lift, the Atlas Stones and Fingal's Fingers, in which increasingly heavy hinged poles are lifted and flipped over. Martin Bayfield presents. (T) 7.55 Live UEFA Cup Football. Blackburn Rovers v MyPa (Kick-off 8.05pm). The second leg of this second-round qualifier comes from Ewood Park, where a place in the first round proper is the prize at stake. (T) 10.15 FILM: The Enforcer (1976). Clint Eastwood returns as 'Dirty' Harry Callahan, battling an underground terrorist group with the unwelcome help of female partner Tyné Daly. Violent thriller, with Harry Guardino. (T) 12.05 Cricket on five. (T) 1.05 Quiz Call. 4.00 European Drag Racing. 4.30 Film Motocross. 5.15 Football Argentina Highlights.

MOVIES

Sky Movies Drama

7.05 Going for Broke PG (2003)
8.40 Miss Lettie and Me U (2002) 10.15 William Shakespeare's The Merchant of Venice PG (2004) 12.30 Going for Broke PG (2003) With Delta Burke. 2.05 No Way Out 15 (1987) With Kevin Costner. 4.05 Miss Lettie and Me U (2002) With Mary Tyler Moore. 5.45 William Shakespeare's The Merchant of Venice PG (2004) With Al Pacino. 8.00 No Way Out 15 (1987) With Kevin Costner. 10.00 Cinderella Man 12 (2005) With Russell Crowe. 12.25 The Day of the Locust 18 (1975) With Donald Sutherland. 2.50 The Temptations 4.25 William Shakespeare's The Merchant of Venice PG (2004)

Sky Movies Comedy

6.30 The Birdcage 15 (1996)
8.35 That Thing You Do! PG (1996) 10.35 Big Bully PG (1995) 12.30 The Matador 15 (2005) With Pierce Brosnan. 2.30 The Wedding Singer 12 (1998) With Adam Sandler. 4.15 Big Bully PG (1995) With Rick Moranis. 6.00 She's Having a Baby 15 (1988) With Kevin Bacon. 8.00 The Matador 15 (2005)

Sky Movies Action

6.25 Determination of Death 15 (2000) 8.15 The Fourth Angel 15 (2001) 10.05 Paparazzi 15 (2005) 11.45 Rush Hour 12 (1998) With Jackie Chan. 1.35 Fearless 15 (2006) With Jet Li. 3.35 The Fourth Angel 15 (2001) With Jeremy Irons. 5.25 Paparazzi 15 (2005) With Cole Hauser. 7.05 Fearless 15 (2006) With Jet Li. 9.00 Rush Hour 12 (1998) With Jackie Chan. 10.45 Kiss Kiss Bang Bang 15 (2005) With Robert Downey Jr. 12.40 The Substitute 2: School's Out 18 (1998) With Treat Williams. 2.25 Hard Men 18 (1998) With Vincent Regan. 4.05 In the Line of Duty: Siege at Marion PG (1992)

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ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Dale's Supermarket Sweep. (T) 1.00 Have I Been Here Before? (T) 1.30 ITV Lunchtime News. (T) 2.00 60 Minute Makeover. (R) (T) 2.59 London Weather. (T) 3.00 Dickinson's Real Deal. (R) (T) 4.00 Heartbeat. (R) (T)

5.00 That Antony Cotton Show. (T)
6.00 London Tonight; Weather. (T)
6.30 ITV Evening News; Weather. (T)
7.00 Emmerdale. A drunken Kelly kisses Eli at the jewellery sale, while Chas, Lexi and Debbie carry out their robbery. Jonny realises Paul needs a symbol of his commitment and buys a ring. (T)

7.30 Luton Airport. Record-breaking aviator Polly Vacher passes through and head of security Yvonne Jakins tackles visitors who refuse to stick to the airport car park's rules. Last in series. (T)

8.00 The Bill. Smithy picks up a lead on a drug dealer operating from a burger van and before long Sun Hill's uniform branch are mounting a raid on a skunk factory - where Diane puts herself in great danger by ignoring Callum's orders. Back at the station, Phil and Stuart muster as much empathy and sensitivity as they can when CID are called on to sort out a love triangle and find a missing bridegroom in time for his wedding. (T)

9.00 Robbie Coltrane: B-Road Britain. On the final leg of his epic road trip, Robbie visits the Lake District and Northumbria, then continues on to Dumfries and Galloway, before finally reaching his home city of Glasgow. En route he encounters devotees of Cumberland and Westmorland wrestling, stops off at Lake Windermere to meet Donald Campbell's daughter Gina and visits England's strangest listed building - a pigeon loft. Last in series. (T)

10.00 Benidorm. Madge gives the wrong impression to Donald and Jacqueline, resulting in an awkward bedroom encounter. Troy gets drunk and flirts with Mateo, and the Oracle tries to demonstrate his pool-playing prowess to Chantelle. Meanwhile, in Neptune's, Janice has her suspicious about Susie. Sheila Reid and Johnny Vegas star. (R) (T)

10.30 ITV News; Weather. (T)
11.10 Mika: Summer Series. The London-based singer performs hits including Grace Kelly and Love Today at an open-air concert at Somerset House, London. Last in series. (T)

11.35 Jimmy Carr's Playlist. Jayne Middlemiss talks to the straight-faced funnyman as he selects five tracks from the past and makes a dedication to someone special. (T)

12.00 Make Your Play; (T) ITV News Headlines. 4.05 The Jeremy Kyle Show. (R) (T) 5.00 ITV Nightscreen.

SPORT

Sky Sports 1

6.00 European Tour Weekly 6.30 Total Rugby 7.00 WWE: Experience 8.00 Carling Cup Football 9.30 European Tour Weekly 10.00 Live European Tour Golf. The Johnnie Walker Championship at Gleneagles. 1.00 FIFA Futbol Mundial 1.30 Total Rugby 2.00 Live International Cricket. England v India. 10.30 Carling Cup Football 11.30 Premier League World 12.00 Poker Week 12.30 Cycling 1.30 International Cricket 3.00 Speedway 5.30 Premier League World

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Ocean 7.00 Aerobics Oz Style 7.30 Ocean 8.00 Watersports World 9.00 Ocean 9.30 Irish Greyhound Racing 10.30 Rallyzone 10.30 Transworld Sport 11.30 Irish Greyhound Racing 12.00 Cycling 1.00 Powerboating 1.30 Carling Cup Football 3.00 Live European Tour Golf. The Johnnie Walker Championship at Gleneagles. 6.00 Premier League World 6.30 Carling Cup Football 7.30 Live Speedway. The Elite League Riders' Championship. 10.00 Golf Night. 12.00 NFL. Total Access 1.00 Race World 2.00 Golf Night 4.00 Close

Sky Sports 3

10.00 Total Rugby 10.30 Show Jumping 11.30 Aerobics Oz Style 11.30 Racing News 12.00 Watersports World 1.00 NFL: Total Access 2.00 Rallyzone 2.30 Powerboating 3.00 Cycling 4.00 NFL: Total Access 5.00 WWE: Heat 6.00 Cycling 7.00 IAAF Athletics Weekly 7.30 Live Rugby League. A National League match. 10.00 WWE: Late Night - Raw 12.00 Extreme Championship Wrestling 1.00 Powerboating 1.30 Rugby League 4.00 IAAF Athletics Weekly 4.00 Close

British Eurosport

7.30 US Open Tennis 8.30 euroCRASH! 8.45 Live Rowing. The 2007 World Championships. 11.30 Live Athletics. The sixth day of the World Championships. 2.30 World Rally Championship 3.00 US Open Tennis 4.00 Live US Open Tennis. Coverage of the fourth day's play in the Grand Slam event. 12.00 Live Athletics. The World Championships.

Sky Sports Xtra

1.00 US Open Tennis 4.00 Live US Open Tennis. The fourth day's play from Flushing Meadows. 12.00 Live US Open Tennis. From Flushing Meadows in New York. 4.00 Close

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BBC1

6.00 Breakfast. (T) 9.15 To Buy or Not to Buy. (R) (T) 10.00 Countryfile: The Summer Diaries; (T) BBC News; Weather. (T) 11.00 Diana: A Service of Thanksgiving. (T) 1.15 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.40 Neighbours. (T) 2.05 Doctors. (T) 2.35 All Saints. (T) 3.20 BBC News; Weather; Regional News. (T) 3.25 CBBC: Pitt & Kantrop. (R) (T) 3.50 The Cramp Twins; (T) Diddy Dick & Dom. (R) (T) 4.05 What's New Scooby-Doo? (R) (T) 4.30 Evacuation. (R) (T) 5.00 Gina's Laughing Gear. (R) (T) 5.25 Newsround. (T)

5.35 Neighbours. Janae receives a threat from her boxing opponent, while Eli rails at the neighbours for accusing Paul of feigning his illness. Karl persuades Susan to go on a date with Davo. (R) (T)

6.00 BBC News; Weather. (T)

6.30 Regional News Programmes; Weather. (T)

7.00 The ONE Show. (T)

7.30 My Family. Michael and Abi discover the house is cursed, although the revelation fails to have any effect on Ben. Almost 28 years since Kirk Mason became the first man ever to stand Susan up, he has got back in touch, little suspecting the woman he snubbed could still be holding a grudge. (R) (T)

8.00 EastEnders. Deano tries to talk Chelsea into handing the CCTV tape to the police, but she loses possession of the evidence, leading Kevin to make a startling discovery. Garry is resigned to Minty and Hazel's relationship. Peggy hides her anxiety over Phil's whereabouts, and Ian's ideas to keep Lucy in check don't work out as planned. (T)

8.30 Judge John Deed. Deed makes dangerous enemies by pressing the police for an inquiry into the death of Rufus Baron and also presides over the trial of the producers of a reality TV show, charged with manslaughter of a contestant. Starring Martin Shaw, with Jenny Seagrove and Ben Caplan. Last in series. (R) (T)

10.00 BBC News at Ten O'Clock. (T)

10.30 Regional News; Weather. (T)

10.35 BBC Proms 2007. From the Royal Albert Hall. Aled Jones presents music by Handel performed by the Orchestra of the Age of Enlightenment and Freiburg Baroque Orchestra. The event includes the ceremonial royal fireworks and solo performances by soprano Kate Royal and tenor Ian Bostridge. (T)

11.50 FILM: Return to Me (2000). Romantic comedy drama, starring David Duchovny; (T) Weatherview. (T)

1.45 BBC News 24. (T)



BBC2

6.00 CBeebies: Fimbles. (R) (T) 6.20 The Story Makers; (R) (T) Tweenies Songtime. (R) (T) 6.35 Balamory. (R) (T) 7.00 Nina and the Neurons. (R) (T) 7.15 Charlie and Lola. (R) (T) 7.30 In the Night Garden. (R) (T) 8.00 CBBC: Do Something Different. (T) 8.45 Mona the Vampire. (R) (T) 8.55 Bring It On. (R) (T) 9.20 Time Warp Trio. (R) (T) 9.45 Whizz Whizz Bang Bang. (R) (T) 10.15 Krypto the Superdog. (R) (T) 10.35 Even Stevens. (R) (T) 11.00 World Athletics Championships. The remaining events on day seven at the Nagai Stadium in Osaka, Japan. (T) 2.45 Escape to the Country. (R) (T) 3.45 Flog It! (T) 4.30 Ready, Steady, Cook. (T) 5.15 Identity. (T) 6.00 Eggheads. (T) 6.30 Kitchen Criminals. (T) 7.00 World Athletics Championships. Highlights from the day seven at the Nagai Stadium in Osaka, Japan. (T) 7.30 Big Cat Diary Family Histories. A cheetah cub in Kenya's Masai Mara. (R) (T) 8.00 Gardeners' World Special. A look back at the past four decades of the show. (T) 9.00 India and Pakistan 07: The Story of India. How Alexander the Great's invasion inspired the first Indian empire. (T) 10.00 Grumpy Old Holidays. Irreverent perspectives on holidays. (R) (T) 10.30 Newsnight; (T) Weather. (T) 11.05 Mock the Week. (R) (T) 11.35 Reading and Leeds Festival. (T) 1.35 Arrested Development. (R) (T) 1.55 How I Met Your Mother. (R) (T) 2.20 Star Trek: The Next Generation. (R) (T) 3.05 Star Trek: The Next Generation. (R) (T) 3.50 Close.

Pick of the Day

Big Brother: Live Final (C4, 10pm)

It's the moment we've all been waiting for, as Davina McCall presides over the final hours in the compound. If you tune in at 8pm you'll see the remaining housemates discover who has fallen at the last fence, then at 10pm, the tension will really rise as the winner of this year's event is named. So far, the series has provided all manner of entertainment - we've had Chanelle quit after yet another row with Ziggy, Jonty's spanking revelations, and Charley upset just about everyone who owns a television set. But now we are at the grand finale and it's down to the final few to sit it out and see if they've won the hearts of the nation. County Durham tree surgeon Liam McGough, who proved so popular with his housemates that they nominated him to scoop a £100,000 bonanza soon after his entrance, is among the favourites, while twins Sam and Amanda Marchant - who opted to be treated as a single housemate - impressed viewers and housemates alike from day one. But who really has what it takes to walk away victorious?

C4

5.55 Inuk. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Frasier. (R) (T) 7.25 Big Brother's Little Brother. (T) 7.55 Big Brother. (R) (T) 8.55 T4: Beauty & the Geek. (R) (T) 9.55 T4: Friends. (R) (T) 10.25 T4: Friends. (R) (T) 11.00 T4: Ugly Betty. (R) (T) 12.00 News at Noon. (T) 12.30 A Place in the Sun. (R) (T) 1.05 Room for Improvement. (R) (T) 1.35 FILM: The Thomas Crown Affair (1968). Glossy crime drama, starring Steve McQueen. (T) 3.30 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 Richard & Judy. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.30 The Insider. 8.00 Big Brother's Little Brother. Preview of the Big Brother final. Last in series. (T) 8.30 Big Brother: Live Final. The housemates discover the runners-up. (T) 9.30 The IT Crowd. Moss uses the Internet to calculate when Roy will die. (T) 10.00 Big Brother: Live Final. Davina McCall announces which of the remaining housemates will be leaving the compound #100,000 richer as the winner of this year's event is revealed. Last in series. (T) 11.05 The Friday Night Project. (T) 12.10 Big Brother's Big Mouth. 12.55 4Music: The Album Chart Show. 1.25 Goalissimo. 2.20 Transworld Sport. (R) (T) 3.10 British F3 International Series. 3.35 Scrapheap Challenge. (R) 4.35 Richard & Judy. (R) 5.00 British F3 International Series. (R) 5.25 Countdown. (R) (T)

FIVE

6.00 Milkshake! Thomas & Friends. (R) (T) 6.10 Make Way for Noddy. (R) (T) 6.25 Oswald. (R) (T) 6.35 Peppa Pig. (R) (T) 6.45 Funky Valley. (R) (T) 6.50 Franny's Feet. (R) (T) 7.05 Little Princess. (R) (T) 7.20 The Beeps. (R) (T) 7.30 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Fifi and the Flowerpots. (R) (T) 8.15 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Old Bear Stories. (R) (T) 8.50 Ebb and Flo. (R) (T) 9.00 House Doctor. (R) (T) 9.30 Doctor, Doctor. (T) 10.30 Trisha Goddard. (R) (T) 11.30 five news. (T) 12.00 Home and Away. (R) (T) 12.30 Dawson's Creek. (R) (T) 1.30 Russell Grant's Postcards. (R) (T) 1.40 FILM: Aurora (1984). Comedy drama, starring Sophia Loren. (T) 3.35 five news update. (T) 3.40 FILM: The Ballad of Lucy Whipple (2001). Drama, starring Glenn Close. (T) 5.30 five news; Weather. (T) 6.00 Home and Away. (T) 6.30 Monkey Life. (T) 7.00 five news. (T) 7.30 Pimp My Ride UK. The team meet a woman whose 1967 split-screen VW camper van has seen better days, replacing the rust with a touch of romance in the form of mood lighting and a lip-shaped sofa bed; (R) (T) 7.30 five news update. 8.00 Britain's Strongest Man. The climax of the event. (T) 9.00 NCIS. An amnesiac woman is buried alive, but manages to escape - and points the way to a sabotage plot involving a bomb on a Navy ship. Sherilyn Fenn guest stars. (R) (T) 10.00 Law & Order. A body is found in Central Park. (R) (T) 11.00 The Shield. (T) 12.20 Quiz Call. 5.35 Wildlife SOS. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 11.45 Diana: A Service of Thanksgiving. (T) 1.30 ITV Lunchtime News. (T) 2.00 60 Minute Makeover. (R) (T) 2.59 London Weather. (T) 3.00 Dickinson's Real Deal. (R) (T) 4.00 Heartbeat. (R) (T)

5.00 That Antony Cotton Show. Celebrity chat, fun features and competitions with the Corrie favourite. (T)

6.00 London Tonight; Weather. (T)

6.30 ITV Evening News; Weather. (T)

7.00 Emmerdale. Carl arrives home and tells his brothers he's over Barraclough, before deliberately getting arrested for drink-driving to catch her attention. Eli reiterates his threat to Donna and moves back into Tall Trees, while mistrust runs rife between Debbie, Lexi and Chas. (T) Coronation Street. Hayley makes a startling revelation and breaks down in front of Becky as she confides her hopes and fears. Norris invites Emily to dinner and Ashley takes the day off work to spend some time with Claire. However, Casey is waiting for the couple on their return, and makes another attempt to come between them. (T)

8.00 London Ambulance. The paramedics race to treat a baby who has stopped breathing and a cyclist involved in a minor accident gets a surprise when she is examined in hospital. Trainees in the cycle response team go out and about on the streets, while Clare Anderson and Chris Doyle tend the victim of a DIY mishap. Last in series. (T)

8.30 Midsomer Murders. Barnaby and Scott investigate crime and mayhem in the countryside as they take on a murder case in picturesque Fletcher's Cross. Undertaker Patrick Pennymann is found dead in his funeral parlour and the detectives suspect a possible link to the local spiritualist church. When another body turns up the pressure to find the culprit redoubles. John Nettles, John Hopkins and Jane Wymark star. (R) (T)

10.30ITV News; Weather. (T)

11.00Supernatural. Dean investigates a haunting and has to make a deal with a demon to save a man's life, before being confronted by the horrifying truth about his father's death. Fantasy drama, starring Jensen Ackles and Jared Padalecki. (T)

12.00 Make Your Play; (T) ITV News Headlines. 4.10 Under One Roof. (R) (T) 4.30 Under One Roof. (R) (T) 5.00 ITV Nightscreen.

LOCAL

RTP1

0630 Bom Dia Portugal 1000
Praça da Alegria 1300 News
1410 Prova de Amor 1515 So Visto e amigos 1715 Lingo 1800
Portugal em Directo 1900 O Preço Certo 2000 News 2100
Cuidado com a Língua 2115
Avenida Europa 2145 Conto
2215 A Herança de Verão 0130
Blitter Mom, film 0400 Só Visto
0500 Telefeles

RTP2

0600 EuroNews 0715 Zig Zag
0700 Assembleia da República
1300 Zig Zag 1400 Sociedade
Civil 1530 Sim Amor 1600 Zig Zag
1715 National Geographic
1815 A Fé dos Homens 1900 A Alma e a Gente 1945 Zig Zag
2045 Todos conta o Chris 2115
National Geographic 2200
News 2240 Irmãos e Irmãs 2330
Vidas 0030 Noites da 2 0130
Bastidores 0200 Filp 0230 Arte
& emoção 0300 Siciidade Civil
0430 Euronews

SIC

0700 Floribella 0830 Sic Kids
1100 Fatima 1300 News 1415
Eterna Magi 1445 O Profeta
1515 Contacto 1800 Pé na Jaca
1900 Floribella 2000 News 2115
Chiquititas 2215 Paraíso
Tropical 2315 Vingança 0015
CSI Las Vegas 0115 Ladies
Night, film 0300 Sex and the
City 0330 Polhar da Serpente
TVI
0700 Diário Da Manhã 1000
Você na TV 1300 News 1400
Mundialito de Futebol de Praia
1700 Quem Quer Ganha 1745
Morangos com Açúcar - Férias
de Verão 2000 News 2115
Euromilhões 2130 Ilha dos
Amores 2215 Dose Fugitiva
2330 Tu e Eu 0030 Film TBA
0230 Encouters, film

Best of the Rest

BBC3

7.00 Doctor Who 7.45 Doctor
Who Confidential 8.00 Film:
Red Sonja 15 (1985) 9.30 The
Real Hustle 10.00 EastEnders
10.30 Grownups 11.00
Grownups 11.30 The Real
Hustle 12.00 Family Guy 12.30
Family Guy 12.45 Two Pints of
Lager and a Packet of Crisps
1.15 Two Pints of Lager and a
Packet of Crisps 1.45
Grownups 2.15 Grownups 2.45
The Real Hustle 3.15 Two Pints
of Lager and a Packet of Crisps
3.45 Two Pints of Lager and a
Packet of Crisps 4.15 Close

BBC4

7.00 World News Today 7.00
Weather 7.30 Film: Winged
Migration U (2003) 9.00 BBC
One Session: Amy Winehouse
9.55 Originals: Dinah
Washington - Evil Gal Blues
10.55 100 Years of Wildlife
Films 12.55 Natural World 1.45
Whale Hunters 2.45 Originals:
Dinah Washington - Evil Gal
Blues 3.45 Close

ITV2

1.00 Emmerdale 1.30 The
Jeremy Kyle Show 2.35 The
Jeremy Kyle Show 3.40 Ricki
Lake 4.30 Sally Jessy Raphael
5.15 Airline 5.45 Judge Judy
7.00 The New Adventures of
Superman 8.00 Airline 8.30
The X Factor 9.30 The Xtra
Factor 10.30 Film: Double
Impact 18 (1991) 12.40
Coronation Street 1.10 Make
Your Play: ITV Play 4.00
Teleshopping 6.00 Close

Sky One

1.00 Cold Case 2.00 Angel
3.00 Las Vegas 4.00 Stargate
Atlantis 5.00 Stargate Atlantis
6.00 Malcolm in the Middle
6.30 Malcolm in the Middle

7.00 The Simpsons 7.30 The
Simpsons 8.00 The Simpsons
8.30 Lovespring International
9.00 A Town Called Eureka
10.00 Film: Hybrid (2007) 11.40
Cold Case 12.40 Dom Joly's
Happy Hour 1.40 Star Trek:
The Next Generation 2.35 Star
Trek: The Next Generation
3.30 Is Harry on the Boat?
4.20 Dream Team 5.10 Taste

UKTV Gold

1.20 My Family 2.00 My Family
2.40 Only Fools and Horses
3.15 Only Fools and Horses
4.00 Doctor Who 5.00 Doctor
Who 6.00 The New Adventures
of Old Christine 6.30 The New
Adventures of Old Christine
7.00 Film: Carry On Follow
That Camel PG (1966) 9.00
The Vicar of Dibley 9.40 Only
Fools and Horses 10.20
EuroMillions: Boom Bang a
Bang 10.30 Film: The Recruit
12 (2003) 12.45 Jack Dee's
Happy Hour 1.25 The Royle
Family 1.55 The Royle Family
2.25 Charlie's Angels 3.15 As
Time Goes By 3.45 2point4
Children 4.15 Merseybeat 5.10
Neighbours 5.35 Neighbours

TCM

1.00 The Wrong Man PG (1956)
3.00 The Sunshine Boys PG
(1975) 5.25 High Sierra PG
(1941) 7.10 Night Must Fall PG
(1964) 9.00 The Pelican Brief
15 (1993) 11.35 The Exorcist
18 (1973) 1.20 No Guts, No
Glory: 75 Years of Award
Winners 2.20 Teleshopping
2.35 The Yellow Rolls-Royce
PG (1964)

The Disney Channel

Kids' programmes from 7am,
except: 8.00 Film: High School
Musical U (2006) Teenage
drama, starring Zach Efron.

MOVIES

Sky Movies Drama

6.40 Hockey Mom PG (2003) 8.15
Sam Churchill: Search for a
Homeless Man PG (1998) 9.55
Victim of Love PG (1993) 11.35
Driven to Succeed PG (2004)
With Cybill Shepherd. 1.10 Hockey
Mom PG (2003) With Jessalyn
Gislig. 2.50 Freedomland 15 (2006)
With Samuel L Jackson. 4.45
Victim of Love PG (1993) With
Dwight Schultz. 6.25 Driven to
Succeed PG (2004) With Cybill
Shepherd. 8.00 The Constant
Gardener 15 (2005) With Ralph
Fiennes. 10.15 Freedomland 15
(2006) With Samuel L Jackson.
12.15 Fear 18 (1996) With Mark
Wahlberg. 2.00 Lost Behind Bars
15 (2006) With Paget Brewster.
3.40 The Temptations 5.20 Sam
Churchill: Search for a Homeless
Man PG (1998)

Sky Movies Comedy

7.00 To Wong Foo, Thanks for
Everything! Julie Newmar PG
(1995) 9.00 The Pacifier PG (2005)
10.45 Theodore Rex PG (1995)
12.35 You, Me and
Dixie



12 (2006) With Owen Wilson.
2.35 Crazy People 15 (1990) With
Dudley Moore. 4.20 The Pacifier
PG (2005) With Vin Diesel. 6.10
Theodore Rex PG (1995) With
Whoopi Goldberg. 8.00 The Man
12 (2005) With Samuel L Jackson.
9.45 You, Me and Dupree 12
(2006) With Owen Wilson. 11.45
American Pie Presents: The
Naked Mile 15 (2006) With John
White. 1.30 The Man 12 (2005)
With Samuel L Jackson. 3.00
Twin Town 18 (1997) With Rhys
Ifans. 4.45 To Wong Foo, Thanks
for Everything! Julie Newmar PG
(1995)

Sky Movies Action

6.00 Pacific Heights 15 (1990)
7.55 Run 15 (1990) 9.40 Lord of
War 15 (2005) 11.50 Diplomatic
Siege 15 (1999) With Tom
Berenger. 1.30 Pacific Heights
15 (1990) With Michael Keaton.
3.25 Attack Force Z 15 (1981)
With John Phillip Law. 5.05 Run
15 (1990) With Patrick Dempsey.
6.50 Lord of War 15 (2005) With
Nicolas Cage. 9.00 Command 18
(1985) With Arnold
Schwarzenegger. 10.35 Crank
18 (2006) With Jason Statham.
12.10 Inferno 18 (1999) With
Jean-Claude Van Damme.
2.00 Captive 15 (1998)
With Richard Grieco. 3.50
In the Line of Duty: Smoke
Jumpers PG (1996) 5.35 Action &
Thriller Close Up

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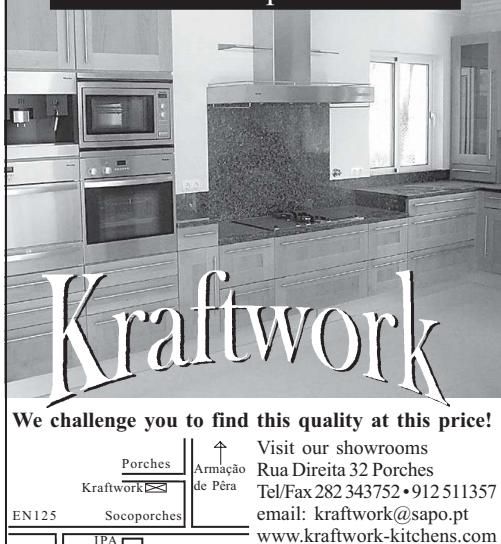
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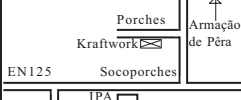
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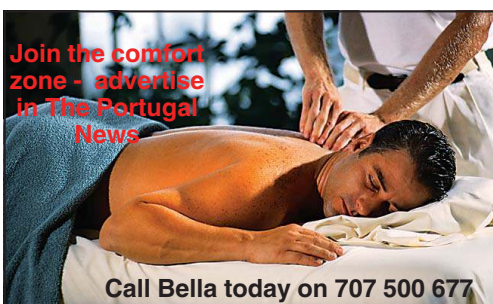
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Upward Glance



with Joyce Voelker

Heaven

One Sunday several years ago our daughter was leaving our four-year-old grandson at his Sunday School classroom, she gave him a few coins to put in the offering plate. Deciding to see how much he understood about the concept of giving money to God's work, she questioned him. "Rylan, do you know WHY we give money to Jesus?" Rylan thought for a moment and then replied earnestly.

"Maybe to help take care of the golden streets in heaven. Those are pretty expensive!"

His simple, childlike answer was sincere and sweet. He had no problem with giving coins to help Jesus maintain heaven's streets of gold. Truthfully, Rylan, always the curious one, might know more about heaven than many adults. He is six years old now and already reading up a storm. His brain is a tiny computer recording and backing up all of the bits of information he learns at church, home and school.

As adults, what do we know about heaven? Here are some of the other things Rylan, now age 6, could tell you. In fact, he is sitting beside me and telling me now as I type. "In heaven there will be no sickness or sorrow. No sin is allowed there. There is no need for the sun, moon or stars in heaven be-

cause Jesus is the light. God will reward His followers with crowns and jewels. There will be no more fear or death. Jesus will be there."

All of the truths above which Rylan dictated to me, can be supported by what the Scriptures teach about heaven. However, the most important thing Rylan would like to tell you about heaven is how you can go there someday. Doing lots of good deeds will not get you to heaven. Only one thing can assure you that you will spend eternity in heaven with God. You must pray and tell God you are sorry for your sins. You must believe that God sent Jesus to die on the cross for your sins and accept His gift of eternal life. Rylan says, *That's exactly what I did!* We can't buy or earn salvation and eternal life in heaven. They are a free gift that God offers to all of us. God's plan is simple enough that even a six year old can comply.

"For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord." Romans 6:23

More information about how to have a relationship with God can be found at www.rbc.org/personal_relationship with god page or email joycevoelker@hotmail.com

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Letters cont'd. from pg. 18

Reply to Mr. Jansson, TPN 18th Aug.

Sir, In coming to a fair opinion of present day homosexuality we must see it in its historical context: the Greeks, who regarded it as a high form of bonding and male friendship, the Romans with their acceptance of this 'secondary' sexuality, and through the ages its toleration and its suppression up to the situation today, with its legalisation and seeming acceptance in most western liberal democracies and its vilification in many other cultures and states.

'Gays', a misnomer if ever there was one, readily embrace and trumpet the achievements in art, literature, science etc. of celebrated 'gays' in history, but are today's representatives typical of those who went before? Isn't it rather the case that they kept their private lives to themselves either through fear, or the understanding that it can never be a condition on a par with child rearing heterosexuality? Would Alexander, Hadrian, Michael Angelo, Tchiakovsky, Alan Turing et al really identify themselves with today's vociferous representatives, who claim them for their own?

Also let us not forget that in the sexual spectrum there are many graduations in between the poles of totally homo and totally hetero, with bi-sexuality in the centre.

Strange then, that this 'out of the closet' minority of extrovert, childish and self ghettoising, screaming 'queens' and 'macho marys', should think that they

represent the 'gay world'. I say to them, "grow up and pipe down". As a 'gay' man I am ashamed to be considered as belonging to the same sexual grouping and I think it high time there was a distinction drawn between these dancing, promiscuous embarrassments and the vast majority of 'private gays'.

It is not a question of being afraid to declare oneself, all my family and friends are aware; the difference is that I prefer any acceptance to be sincere and not disingenuous through fear of PC approbrium. Yes, I am glad it is no longer an imprisonable offence and I am grateful to those who brought about this change; but were they all devoid of acceptable behaviour like the prancing hoards they spawned?

Outrageous/effeminate behaviour is acquired by 'novices' through peer pressure of the 'club scene' and is further driven by the notion that the world has changed for all time. History tells us otherwise.

Recently, that 'out of the closet' fascist Mr. Tatchell had a rude awakening in Russia "Protect me, someone protect me!" There was no one. Like much else in the decadent west they have seen the results and do not want their sons 'groomed' and corrupted into such a wretched existence.

I say, "Be proud to be gay, but learn how to behave in public and let ME choose to be privately 'different'".

PETER NEWHALL, Essex, UK

More Lisbon news and

WHERE TO WORSHIP

Lisbon

IGREJA DO CORPO SANTO, LISBON Largo do Corpo Santo. Catholic Services in English. Mass each Sunday and Holyday at 11.00am Tel. 21 467 3771

IGREJA DA SRA. DOS NAVEGANTES, CASCAIS Rua dos Navegantes, Catholic Services in English. Mass each Saturday at 6.00pm; Mass each Sunday and Holyday 12 noon Tel. 21 467 3771

OCEANIC SPIRIT COMMUNITY - An International Spirit-filled Church serving the Linha de Cascais area. Small group bible studies meet regularly. Join us for Sunday worship with a contemporary style at the Hotel Saboia, Rua Belmonte, no. 1, Estoril. For more information contact us on 21 9282019

INTERNATIONAL BAPTIST CHURCH OF LISBON 11.30am English worship service in the facilities of the Terceira Igreja Evangélica Baptista de Lisboa. Location: Rua Filipe Folque, 36, 1st Floor, 1050 Lisboa. Rev. Joseph Ian Momo

BAPTIST MISSION - Esqueira (Aveiro) Traditional Baptist church service in English at 11.30 am every Sunday. Basketball / sports ministry also. Near Post Office in Esqueira. Call for directions or information: 234 301 153 or 938 516 944 - Pastor Alan Hart.

We are an interdenominational Christ-centered, contemporary, caring and culturally relevant church meeting at ABLA in Carcavelos each Sunday at 9.00am in Portuguese and 11.00am in English. Creche, children and youth ministries provided.

THE DOOR Christian International Church - meets at Cidade Desportiva, Praceta Carlos Capitulo, Loja "B" Massama / Queluz, every Sunday at 10.30am and 7.00pm - all welcome. For more information call Pastor Frank Escobar at 21 467-3386 or Mobile 919 086 683 God Bless!

CHAPEL OF ST. PIUS X: PRIORADO S. PIO X, Estrada de Chelas, 31, 1900 Lisboa. Tel. (21) 814 3591. Latin Tridentine Mass. Lisbon every Sunday at 11am. Rosary before Mass, confessions also available. Monforte (Alentejo) also 2nd & 4th Sundays, 6.30pm. Resident Priest: Ernesto Cardoso

ST GEORGE'S CHURCH, LISBON (Church of England). Rua S. Jorge. Enter through British Cemetery gate opposite Jardim da Estrela. Service 11.30 am every Sunday. Tel. 21 4692303

ST PAUL'S CHURCH, ESTORIL (Church of England). Av. Bombeiros Voluntários 59 (behind Hotel Santa Estoril). Service 9.30am every Sunday. Tel. 21 4692303

ST. MARY'S, S. PEDRO DO ESTORIL 368 Rua do Murta, Mass each Sunday and Holyday 10.15am Tel. 21 467 3771

ST. ANDREW'S CHURCH OF SCOTLAND (PRESBYTERIAN) Rua Arraia, 13, Lisbon: Sun. 11.00. Minister's Tel. 214 837 885, www.standrewsblsibon.com.sapo.pt

CASCAIS INTERNATIONAL CHRISTIAN CHURCH Av. da Sintra, nº 1154, Cascais Tel. 21 486 1856. Sunday English worship 10.30 Portuguese at 17.30

THE SALVATION ARMY, LISBON Rebolaire Corps (Praceta Almada Negroire, Lote 213 Loja D1 do Exército 11 A); Chelas Corps (Rua Rueda de Sousa, Lote 65 A Loja C); Laranjeiras Corps (Bairro de Laranjeiras). At all these corps: Morning Service 9.30am Salvation Meeting 5.00pm Picheleira Corp Rua Capitão Rôby, Picheleira, Lisbon (21 805708). **OPORTO** Pereiro Corps (Av. Vasco da Gama No. 675-2 E Ramaldez), Service 10am, Salvation Meeting 5.00pm. Colorados Corps, Os Bombeiros Voluntários; Tel. 22 929 1077 Sun. 10am. Thurs 4.00pm Ladies Home League Meeting.

IGREJA DE CRISTO (CRISTA) Carcavelos, Rio de Moura & Lisbon. At all three centres, services in Portuguese, bilingual counselling. Tel. (21 2461596)

LISBON SYNAGOGUE: Rua Alexandre Herculano 59, Tel. 21 385 8604 Fax 21 388 4304 e-mail: celesboa@mail.telepac.pt

Bahá'í Faith - Av. Ventura Terra, nº 1, Lisboa, Tel.: (21) 590474, E-mail: gae@bahai.pt

IGREJA BAPTISTA de Queijas (close to Cascais) Rua Carlos Santos 85, Queijas Near the Olympic Stadium off the A5. Tel. 214 172 087. Sunday Service: English 10.15/Portuguese 12.00 Prayer and Bible Study/Thursday 8 PM Traditional Baptist Service in English followed by Sunday School.

The Algarve

CHURCH OF ENGLAND SERVICES St. Vincent's Anglican Church of the Algarve, Igreja Senhora de Fátima Holy Communion. 9.30 every Sunday. Info Rosie Baden-Powell 289 32803. **St. Luke's**, Monte da Palhaqueira, Gerjos (Nr. Sta. Barbara) Holy Communion 11.30 am every Sunday. Info Maxine Nivestava 917 267 946; Luz Senora da Luz Holy Communion every Sunday. Plus Children's Rainbow Club. Info: Joyce Daffey

282 788104. **ALL SAINTS ANGLICAN CHURCH, ALGARVE** - Evangelical worship: First Sunday - Family Eucharist; all other Sundays - Holy Communion with Creche. 10.30am Community Centre, ALMANCIL (ASCA - Associação Social e Cultural de Almoncil). For directions (any time) call 282-380311 or see www.allsaintsalgarve.org.

CENTRO CRISTÃO FONTE DE VIDA Pentecostal Church, Sítio do Paul, Estrada do Sargacal, Sargacal 8600 Lagos. Apartado 4388601/905. Fridays Youth meeting at 09.00 p.m. Sundays 10.00 a.m. Tel. 282 764 040 Fax: 282 799 518 Website: www.fontevida.org

THE SALVATION ARMY in São Bras de Aportel will hold on the 1st Sunday of each month an International Worship Service at the Salvation Army Citadel in São Bras at 5pm. Rua 25 de Abril, nº 19 (next to the Market).

CATHOLIC MASS every Sunday partly in English - 11am. at St. Lourenço Church - Almoncil - 6.30pm. at Four Seasons Country Club - Quinta do Lago - Almoncil. Further information, please contact the International Catholic Community of Almoncil (Griseida Neto on 966188120 or Vlor on vgn@dompor.com).

INTERNATIONAL CHRISTIAN FELLOWSHIP in Portimão invites you to attend its services in English on Sundays at 11am. Sunday School for children. Av. 25 de Abril 17, R/C-D1 Portimão. Bible study on Tuesdays; 10.45 for 11 am at 'The Bridge' (A Ponte) in the Cedipara Shopping Centre near the church.

LIVING HOPE BAPTIST CHURCH English speaking services every Sunday 5pm. About 100m North of bullring circle in Albufeira. For more information contact pastor Mark: 964860765. Or email: pastor@lhbv.pt

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info. please

SIR, To whom it may concern, I arrived in Portugal at the beginning of June, after retiring from England my husband is Portuguese and working here, we live in Lisbon, I enjoy your paper very much but I never seem to read much about Lisbon, I was hoping your paper would help me settle in by giving me some information where I could meet other English people, I am gradually learning the language but its not that easy, you always cover interesting topics but they are mostly from the Algarve, which is a bit far for me when I am still finding my way around in Lisbon.

It would be nice if you covered a bit more of Lisbon, I have experienced some not very friendly happenings which I have never encountered in England mainly in the area we live in and it makes me wonder and ask myself, 'is this cultural' or lack of respect for one another.

I look out of my window I see children under age driving cars, adults having bar BBQ's in the entrances of blocks of flats, cars parked where ever they feel like

parking them, the police are often called but little appears to be done, it would be interesting to see a topic in your paper highlighting what affects this has on every day living for some people, I know a lot of the people would like to get together and see how they can improve this area so everyone can enjoy living here. Perhaps as an outsider and the career I had makes me look beyond people's faults, because I believe we should all be able to live together in harmony.

PAULINE, By e-mail

N.B. Outstanding letters will be held over until next week, and the religious debate has been dropped for the time being. Ed.



and Sundays at 10.30 am, at Praça Luis de Camões No 14 Lagos. Stefan Saunders (Pastor) Tel 963 165 983.

CHURCH IN ALJEZUR / VALE DE TELHA. Our mission: Matthew 28:18-20 (An outreach from Church in Lagos) Call Stefan Saunders (Pastor) mobile 963 165 983.

INTERNATIONAL COMMUNITY CHURCH in Lagos invites you to attend its services in English on Sundays at 11.00am. Sunday School for children. Urbanização Vila Praia da Dona Ana, Lote 11 B, 8600 Lagos (50 metres from the Hotel Golfinho). Tel. 282-086804 or 282-697546

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Warmly welcomes residents & visitors of all nationalities and denominations to their Sunday Services in Vale Judeu at 10.30. See our blue sign on the N125 between the Vilamora entrance & the Atlântico Waterside Park. Services in English, creche and Sunday School. For further information: 289 328635.

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TAVIRA CHRISTIAN CENTRE Meetings in English, Sundays at 10.30 am at 126 Rua Almirante Cândido Reis. Full programme and further details from Jackie 281 322 857. Geoff 969 100 121 or Maria 968 380404. E-mail: jackieandmo@yahoo.co.uk

ROMAN CATHOLIC ST. ANDREWS, PENINA R.C. Mass in English every Saturday 6pm. St. Andrews Church, Penina. For further information, please contact Padre Manuel 282 459151

SALVATION ARMY Service Sundays at 10.45am in Portuguese. Bible studies for children, adolescents and adults in Portuguese starting at 9.30 until 10.30. Rua 25 de Abril, nr. 19, São Bras de Aportel

EREV SHABAT - For services Tel: 282 416710

Oporto

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THE ANIMAL charity shop in Montechoro needs volunteers to help in the shop & to transport animals to the vet or abandoned animal's home 'Quintinha dos Animais' at Goldra, which receives part of the shops profits. Any help appreciated. Lesley - mobile 962 414 584.

HELP THE orphans. Visit the bazaar in aid of the children in need. Find us in Estoi, opposite palace gates, Wed. to Sat. 10am - 5pm. Mobile 966 573 272, Tel.: 289 991 319 or 289 721 938.

CAR BOOT Sale held every 3rd Sunday of the month at 'Restaurant Quinta dos Areões', adjacent to the veterinary clinic, in Espiche. Stallholders pay €3. All proceeds to help abandoned animals. Call Michele on 919 457 263 or e-mail me on Happyhounds@mail.telepac.pt for more information.

ABA CHARITY shop, Av. do Tennis, No 41D, Albufeira. Open Tues. to Sat. 10.30am till 2pm. Donations of bric-a-brac, clothes and books to be sold in the shop to raise funds for spraying and neutering of pets, to help stem the tide of unwanted animals, would be appreciated.

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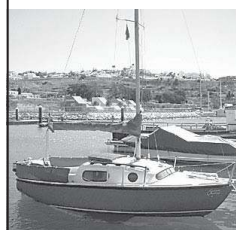
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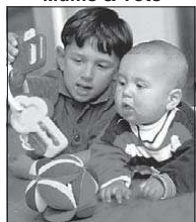


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Canadian rush for Portuguese gold



The ancient Roman mines of Poço das Freitas on Tuesday in Lugar de Limarinho, Boticas, where Canadians from Kernow Mining will be prospecting for gold. (Photo: Lusa / Estela Silva)

Canadian mining company Kernow Mining has this week expressed an interest in gold exploration at the ancient Roman mines of Limarinho in Boticas after initial studies revealed positive results.

"We have good indications that there is still gold there", explained Alan Mathews, chairman of Kernow Mining Portugal in comments to Lusa News Agency.

However, he explained that the process is still in its initial phases and that the mine will take some time to get off the ground.

"We are sure that there is gold, but we are still not sure as to how much", he explained, adding that the next step will be to start drilling to establish how much gold can be retrieved and how much money will be required to have it mined.

While Kernow Mining says it is relatively sure that there are not

large quantities of gold at the site, it admits investing between 20 and 60 million euros in the area should its findings prove positive.

In a related story, Canadian mining company Colt Capital has purchased the rights to explore for gold at the Penedono mine. The mine has been explored by Spanish prospectors since October 2004, but it has since decided to hand over its rights to Colt Capital.

While it is still unclear whether

or not the mine has sufficient gold to make digging a viable proposition, Colt Capital are confident that its investments here will prove to have been wise.

The contract it has signed with the Portuguese government terminates in October 2009 and stipulates that the state will receive four percent of all receipts from the eventual sale of gold in addition to the annual mining licences and a guarantee of €50,000.

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NEWS BRIEFS

Unemployment falls

According to figures from the National Employment and Professional Training Institute, the number of unemployed individuals registered in Portugal has diminished by 10.8 per cent, completing 17 consecutive months of falling figures.

At the end of July some 389,571 individuals were enrolled in national job centres, 47,330 fewer than in the same month of 2006.

However, the number of individuals looking for their first job has risen by 7.3 per cent, representing 32,085 of the overall number of job seekers.

Airport ground strikes delay thousands

Thousands of passengers saw their flights and subsequent holidays being severely affected after luggage handlers and ground staff including check-in personnel, carried out a national strike that affected all main airports throughout Portugal.

Two to three hour delays on average were reported as an outcome, with arriving passengers waiting equally lengthy periods of time to collect luggage. Only Oporto's airport escaped relatively unaffected, with main delays occurring on inbound flights from Lisbon.

Newborn found dead on Olhos d'Água beach, Albufeira

A newborn baby girl has, this week, been found dead by locals on the popular Olhos d'Água beach, Albufeira, police have said.

The discovery was made mid-morning in shallow waters, and the lifeguards immediately alerted.

Emergency medical and police units were called in, though nothing could be done to save the infant.

The body was covered with towels before officials authorised its removal. She has since been taken to Portimão's Barlavento hospital where forensic examinations will determine the time and date of birth.

Abortion results released

The National Health Service this week released the official number of abortions carried out in Portugal since the law was changed on July 15th.

According to the figures, Lisbon and Oporto registered the highest number of voluntary pregnancy terminations, totalling 75 per cent of all 526 reported cases. Initial calculations show that over the past ten weeks 284 abortions took place in Lisbon, 117 in Oporto, and 83 in central Portugal. In the Alentejo, 19 women chose to terminate their pregnancies, whilst the Algarve registered 23.

Hundreds of party-goers detained at Freedom Festival

GNR police detained 108 people, men and women aged between 20 and 30, on suspicion of drug trafficking at the troubled Freedom Festival, which took place last weekend in Elvas.

Following the weekend-long electronic music and trance dance-athon, 15,000 individual doses of drugs were seized, including 1.9 kilos of hashish, 1,478 LSD pills, 440 grams of amphetamines, 70 ecstasy tablets, and 70 grams of cocaine and 3.6 grams of heroin.

Of the estimated 12 thousand people, who flocked to the festival, 36 people required hospital assistance for drug-related abuse, and one 32-year-old Israeli woman died due to an overdose.

LUSOPHONE BRIEFS

Guinea-Bissau - Calls for protection of journalists covering drugs trafficking

The International Federation of Journalists has appealed to Guinea-Bissau's authorities to assure security for the country's journalists, especially those covering issues related to international drugs trafficking. The IFJ has urged Bissau authorities specifically to investigate death threats made against two Guinean journalists working for foreign media, Alberto Dabó and Allen Yéro Embalo, who work for Reuters and Agence France Press, respectively. "The authorities must identify those responsible for the intimidations against our colleagues and force them to face justice", the IFJ said. It said both Dabó and Embalo had faced death threats and other forms of harassment in recent months for their work dealing with Guinea-Bissau's increasing use as a "platform" for the movement of drugs from South America to European markets.

Timor - Situation calm, despite continued tension says UN

The UN mission in East Timor has described the situation as "calm", following recent mob violence in eastern parts of the country, reiterating the readiness of UN, international and Timorese security forces to intervene if needed. The UNMIT mission said its forces had responded to seven minor incidents of stone throwing and road blocking in Dili, the capital, but that otherwise the situation was "calm" across the country. While no violence was reported from the eastern town of Viqueque, the scene of some of the worst recent disturbances, most government offices and schools remained closed due to simmering tension, UNMIT said. Mobs burned scores of houses, displacing some 5,000 people from Viqueque and other eastern areas, two weeks ago in apparent protest actions against the appointment of former president Xanana Gusmão to lead a new government, sidelining the formerly dominant FRETILIN party. The UN mission urged people to avoid travelling at night in the most disturbed areas.

UN and Timorese police and the Australian-led international force remained "totally ready to respond to any disturbance", UNMIT said.

Angola - elections being readied with 'impartiality and transparency'

Angola's top electoral official has said that the country's post-civil war elections are being prepared with "impartiality, transparency and inclusion". Caetano de Sousa, the head of the National Electoral Commission (CNE), gave the assurance in Luanda Monday in addressing the opening session of the annual meeting of election officials from the southern African region. The Angola official said the voter registration drive begun last year was nearing its conclusion and that Luanda would soon "know how many voters will participate in the next elections". Figures obtained by the Lusa News Agency indicate that some 7 million voters, out of an estimated 7.5 million, have already been registered for the upcoming legislative and presidential polls. While no dates have been set for the long-delayed elections, legislative balloting is expected next year, with a presidential vote expected in 2009. Angola's decades-long civil war ended in 2002.

Mozambique - IMF chief calls for more transparency, more investment incentives

The head of the International Monetary Fund has praised Mozambique's economic progress, but urged the government to adopt greater transparency and create a more stimulating investment framework to further gains in combating pervasive poverty. IMF Director General Rodrigo Rato issued the recipe in Maputo Monday after talks with President Armando Guebuza. Rato was in the Mozambican capital to attend a meeting of the IMF's African Consultative Group of finance ministers. Further progress in reducing poverty, he said, depended in great part on the government's implementing more transparency in public accounts and encouraging more domestic and foreign private investment through the adoption of a more attractive investment framework. Rato expressed his confidence in the success of the second phase of Maputo's PARPA programme to fight "absolute poverty". According to a statement from the Finance Ministry, the African finance ministers would use the meeting with Rato to press for a "greater voice and representation" for Africa in the IMF and World Bank.

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